

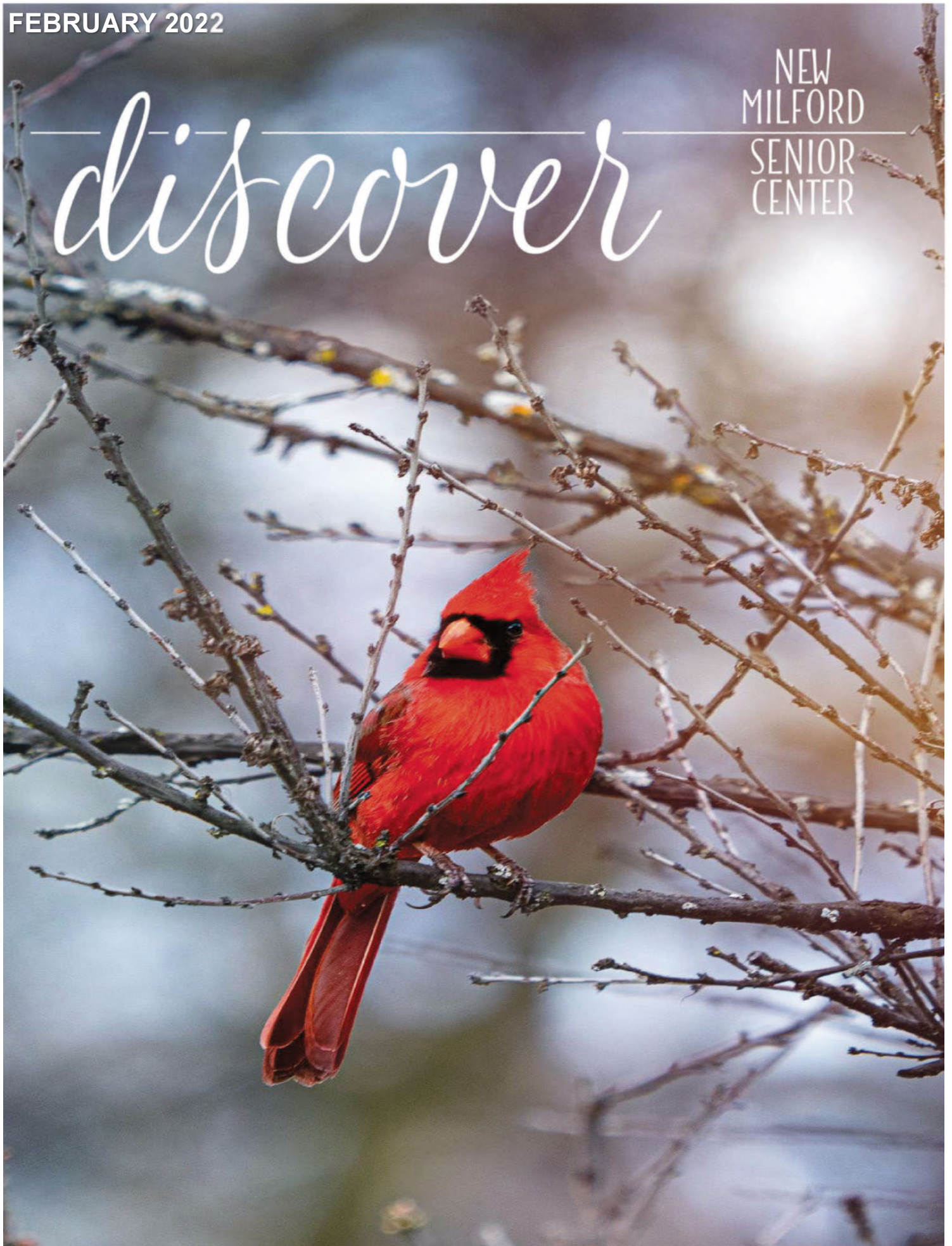
FEBRUARY 2022

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---

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---



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Maksimow**  
B.S., BC-HIS, ACA  
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\*See office for details.

MENTION CODE **AG60-1** WHEN CALLING



# NEW MILFORD SENIOR CENTER

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](http://www.newmilford.org)  
Click on "Departments" and select "Senior Center"



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



[www.agewellct.org/newmilford](http://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*  
Amanda Caldwell, *Municipal Agent/  
Senior Services Advisor*  
Kim Fitch, *Office Coordinator*  
Tom Williams, *Senior Bus Operator*  
Erin Baldwick, *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

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## 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!

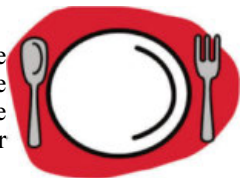
## DURABLE MEDICAL EQUIPMENT LENDING CLOSET

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, FEBRUARY 21ST



## 4 | FOR YOUR INFORMATION

### SPECIAL SENIOR HOURS AT CLATTER VALLEY PARK

**Wednesdays through April, 9:00 AM - 12:00 PM**  
**Clatter Valley Park —158 Old Town Farm Rd**



With approximately 100+ acres of open space for outdoor recreational activities, a hiking trail and a pond plus public pavilion, Clatter Valley Park is a New Milford gem with new seniors-only hours through the month of April! Bundle up and take advantage of the mostly flat,

natural terrain and enjoy your time outdoors in the fresh air. Transportation is available by request. For questions or more information, please connect with the Senior Center.

### SENIOR CENTER VOLUNTEER MEETING

**Thursday, February 10th, 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!



### 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](http://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*.

### MOVERS & SHAKERS: INDOOR CORNHOLE

**Friday, February 25th, 1:00 PM**



It is way too icy to get out on the trails, so let's gather inside and play a fun round or two of corn hole! Cornhole or Corn Toss is similar to horseshoes except you use wooden boxes called cornhole platforms and corn bags instead of horseshoes and metal stakes. We can also take this time to brainstorm future ideas for the group. To sign up, please connect with the Senior Center and let the games begin!

### SENIOR CENTER ROBO-CALLS

Please note that the New Milford Senior Center occasionally utilizes a robo-call system from for special announcements, program invitations, reminders, and helpful information in the event of an emergency. These calls come in as the New Milford Senior Center's Phone Number **860-355-6075**. If you need further information following the robo-call, please feel free to call back and leave a message if we are unable to take your call right away.

## Noble LIVING: The Gold Standard



**Autumn Cockroft**  
Director of Nursing

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New Milford Senior Center, New Milford, CT

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## 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. Please note that these appointments will not be in-person but rather drop off and pick up at a later time to allow for the health and safety of both the taxpayers and the volunteer tax-aid counselors. Thank you for your understanding.

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
- 2020 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

## AARP SMART DRIVER™ COURSE

**Friday, March 25th, 9:00 AM - 1:00 PM**



The AARP Smart Driver™ Course has given millions of drivers the skills and tools they need to drive safely on today's roads. Update your driving skills, knowledge of the rules and hazards of the road and learn about normal age-related physical changes including how to adjust

your driving to compensate. Highlights of the course include the safest way to change lanes the effects of medications on driving, reducing driver distractions, and even get an insurance discount! (Check with your auto insurance company) The cost of the course is \$20 for AARP members and \$25 for non-AARP members. Checks can be made out to "AARP" and your payment, which can be dropped off at the Center or mailed to 40 Main Street New Milford, CT 06776 will reserve your spot in the class. For questions or more info please connect with the Senior Center. Please note that with the ever-changing status with COVID-19, we will keep you updated if plans change with this class being held in-person.

## GOOD TO KNOW + SPECIAL PROGRAMS | 5

### TECH SAVVY SENIORS

**Thursdays, 10:00 AM**



How do I make my iPhone louder? Can my iPad let me read a book? How do I get music on my apple devices? Can I take photos and videos and send them to my friends and family? Do you have questions like these? Join us as we welcome instructor, Lindsey Burk to help

you become a Tech Savvy Senior! Bring your iPhone or iPad and learn how to use it more efficiently and discover things you had no



idea it could do! Please note that You MUST own an iPhone or iPad for this class, it is not for any other devices and also bring/know your Apple ID and Password. Space is limited so to sign up, please connect with the Senior Center. You may sign up for all the classes or for each class individually.

**February 3rd: Intro & Basics— Learn the basics of your device**

**February 10th: Learn about Apps— Download, delete, and more**

**February 17th: Apps Continued (from previous week)**

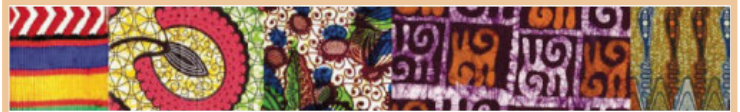
**February 24th: Camera— Learn all about your camera**

**March 3rd: Communication— Calling, Messaging, and FaceTime**

**March 10th: Customization— Making your device fit your needs**

**March 17th: Security— Securing your device & Health App (\*iPhone only)**

**March 24th: Wrap Up— Catching up and Answering Questions**



## CULTURAL CONNECTIONS— CELEBRATING DIVERSITY AROUND THE WORLD: RITA'S AFRICAN SHOW

**Thursday, February 24th, 1:00 PM**

In partnership with the Connecticut Community Foundation, the New Milford Senior Center is honored to announce that we have been awarded a grant to be able to showcase a four part series entitled, "Cultural Connections—Celebrating Diversity Around the World." Through this series, we will be taking you on a trip around the world showcasing different cultures and bringing attention to the diversity in the community as part of our "Never Stop Learning" initiative. To kick off our series and to additionally honor February being Black History Month, we look forward to welcoming Rita Wagener (Kabali) who is a native of Uganda, a country located on the Eastern side of the African continent. Wanting to keep her culture alive, Rita started sharing her roots with communities in her area. Even though Rita left her motherland in the early 1980s, she still remembers the culture, customs, and beliefs of her people. Rita came to Connecticut via Fairbanks, Alaska, where she and her husband lived for 14 years. During Rita's show, she will share her experiences of living in 2 cultures. She also talks about living in America's biggest state and being the only person from her original country. Rita's show takes you through fashions and dances of Africa. At the end of the show, you feel like you have traveled to Africa, without even being on a plane! The show will even feature a cultural tasting to sample foods native to Africa. To sign up, please connect with the Senior Center and we thank the Connecticut Community Foundation for this opportunity to share these beautiful cultures with you all!



**AMANDA CALDWELL**

**MUNICIPAL AGENT FOR THE ELDERLY/SENIOR SERVICE ADVISOR**

Our Municipal Agent/Senior Service Advisor is 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 AGENT/SENIOR SERVICES ADVISOR**

**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**.

**HOMEOWNER'S PROPERTY TAX CREDIT**

**Application Period: February 1st – May 15th**

Eligibility Requirements: Must be age 65 or older or Social Security disabled and own a home throughout 2021 in New Milford. Income limit is \$46,400.

Documents Required: Applicants will need to provide proof of income from all sources in 2021. If applicants file a tax return this must be included along with SSA-1099s. If applicants don't file tax returns then all 1099s are required. Please connect with the Senior Center to make an appointment. Please note that there are other tax credit programs and abatements for veterans, disabled and legally blind residents and you may connect with the Assessor's Office for more details on those programs at (860)-355-6070.

**VETERAN'S ADDITIONAL EXEMPTION**

**Application Period: February 1st – October 1st**

Eligibility Requirements: Must have filed DD-214 at the Town Hall and must meet the established income guidelines.

Documents required: Same as the Homeowner's tax credit. Please connect with the Senior Center for an appointment if you feel as though you qualify.

**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.



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](http://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](mailto:mayor@newmilford.org).



**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.

**SOMETHING TO WARM YOU UP THIS WINTER...**

**AMANDA'S KITCHEN**

Warm up this month with a special recipe from our very own Senior Service Advisor, Amanda Caldwell

**ONE POT PLANT-BASED MINESTRONE**

Cuisine: Gluten-Free, Italian-Inspired, Vegan



- |   |  |
|---|--|
| 2 Tbsp. water (or sub oil)                                | 2 tsp dried basil (or sub 1 Tbsp. fresh per 2 tsp dried)   |
| 1/2 medium white or yellow onion (diced)                  | 2 tsp dried oregano (or sub 1 Tbsp. fresh per 2 tsp dried) |
| 3 cloves garlic (minced)                                  | 1 Tbsp. nutritional yeast                                  |
| 2 large carrots (peeled and sliced into thin rounds)      | 1 pinch red chili pepper flake (optional)                  |
| 1 1/2 cups green beans (trimmed // roughly chopped)       | 1 Tbsp. coconut sugar (or other sweetener to taste)        |
| 1/4 tsp each sea salt & black pepper (plus more to taste) | 1 15-ounce can white beans or chickpeas (rinsed + drained) |
| 1 small zucchini (sliced into 1/4-inch rounds)            | 2 cups pasta noodles                                       |
| 1 15-ounce can diced fire-roasted tomatoes                | 1 cup kale or spinach (or other green // roughly chopped)  |
| 6 cups vegetable broth (DIY or store-bought)              |  |

Freezer Friendly: 1 month    Does it keep? 3-4 Days

- Heat a large pot or dutch oven over medium heat. Once hot, add water, onion, and garlic and stir. Cook for 3 minutes, stirring occasionally.
- Add carrots and green beans and season with salt and pepper. Stir and cook for 3-4 minutes, stirring occasionally, until vegetables have softened slightly and have some color.
- Add zucchini, fire-roasted tomatoes, vegetable broth, basil, oregano, nutritional yeast, red pepper flake (optional), coconut sugar, and beans. Stir to coat.
- Increase heat to medium-high and bring soup to a strong simmer. Then reduce heat slightly to medium-low until the soup is simmering but not boiling. Add pasta and stir. Cook for 10 minutes, stirring occasionally, reducing heat if needed to keep the soup at a simmer.
- Reduce heat to low and simmer for 4-5 minutes, stirring occasionally. Taste soup and adjust seasonings as needed, adding coconut sugar to balance the flavors (optional). I added more dried basil, oregano, and salt.
- Add kale or spinach (or other green) and stir. Cook for another 3-4 minutes to wilt the kale and allow the flavors to meld together. Turn off heat and let rest for a few minutes before serving.

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!**

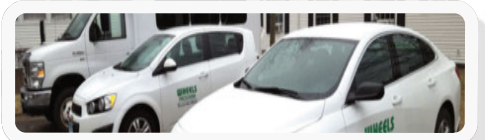
The health and safety of our riders and drivers are of utmost importance. Riders must still continue to wear a face mask/covering that covers both the nose and mouth upon entering, exiting, and for the duration of the bus ride. Please be mindful of social distancing and proper hygiene practices when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

For information regarding Title VI, please refer to [www.newmilford.org](http://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](http://www.wheelsofnewmilford.org)



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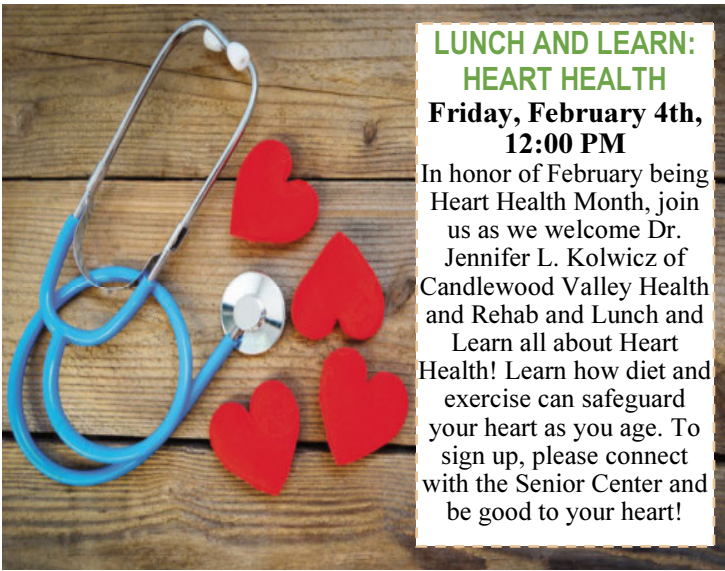




### LUNCH AND LEARN: HEART HEALTH

**Friday, February 4th,  
12:00 PM**

In honor of February being Heart Health Month, join us as we welcome Dr. Jennifer L. Kolwicz of Candlewood Valley Health and Rehab and Lunch and Learn all about Heart Health! Learn how diet and exercise can safeguard your heart as you age. To sign up, please connect with the Senior Center and be good to your heart!



### 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, February 16th, 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

**Wednesday, February 9th, 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.



### REIKI HEALING

**Tuesdays, Feb 8th and 22nd, 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 8th**

**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.



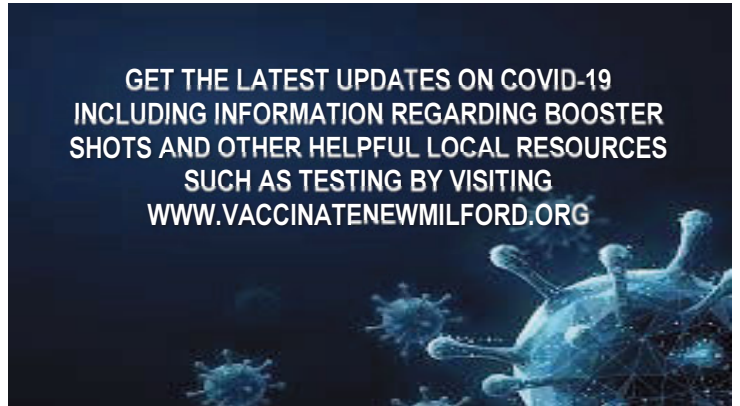
### ALZHEIMER'S ASSOCIATION



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](mailto: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.

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**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, February 15th, 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**

**Tuesdays, 1:00 PM**

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!



**LIBRARY BOOK EXCHANGE**

**Wednesday, February 2nd,  
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, February 17th, 12:30 PM**

Happy February Birthdays! Are you celebrating a birthday in the month of February? 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, February 11th,  
Thursday, February 17th,  
and February 22nd, 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, Feb 11th, 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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## The New Milford Senior Center

will be running the Aging Mastery Program® soon!

**B**uild your own personal playbook for aging well. This fun, innovative program empowers you to take key steps to improve your well-being, add stability to your life, and strengthen ties to your community. Meet new friends and provide encouragement to one another as you take the Aging Mastery journey together!

Tuesdays, March 29th - May 31st  
5:00 PM - 6:30 PM  
(Graduation: Tuesday, June 7th)

New Milford Senior Center  
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- Exercise and You
- Sleep
- Healthy Eating and Hydration
- Financial Fitness
- Medication Management
- Advance Planning
- Healthy Relationships
- Falls Prevention
- Community Engagement

### Limited spots available: Sign up now!

The program will launch on Tuesday, March 29th  
 but participants have to be signed up by Tuesday, March 15th.  
 Please RSVP to: The New Milford Senior Center  
 by registering in person or connecting with us via phone or email

The cost of the entire ten-class course is \$20.00  
Cash or Check made payable to "New Milford Seniors"

Registration opens on February 1st and payment will confirm registration. Space is limited, sign up today!

**REGISTER  
HERE**





**ARTS & CRAFTS:  
MARDI GRAS HAT AND  
MASK MAKING**  
Wednesday,  
February 16th, 10:00 AM  
Our fabulous volunteer Arts & Crafters will be back to help us celebrate Mardi Gras in style! All supplies will be included but space is limited so to sign up, please connect with the Senior Center.



**SPECIAL VALENTINE BINGO**  
Thursday, Feb 10th, 1:00 PM  
Join us we welcome our friends from Synergy Homecare as we get all warm and fuzzy with Valentine Bingo! To sign up, please connect with the Senior Center.

**PAINT, SIP, AND REPEAT!**  
Thursday, February 17th,  
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 flowery 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\* WHAT'S HAPPENING:  
CURRENT EVENTS  
AND CONVERSATION**  
Thursdays, February  
10th, and 24th,  
11:00 AM



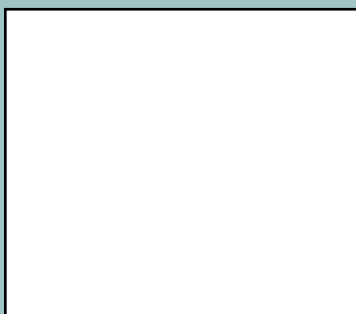
Join us for lively discussions of current events, from local to international every 2nd and 4th Thursday. Some may prefer to just listen and learn while others may offer their thoughts, but all must be respectful! Whatever your comfort level, you will be welcomed to join in the conversation. To sign up for this weekly meeting of the minds, connect with the Senior Center.



**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!



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## FEBRUARY 2022 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	<p>1</p> <ul style="list-style-type: none"> <li>• Chicken Cacciatore</li> <li>• Pasta</li> <li>• Peppers and Onions</li> <li>• Garlic Bread</li> <li>• Peaches</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul>	<p>2</p> <ul style="list-style-type: none"> <li>• Beef Stroganoff</li> <li>• Noodles</li> <li>• Bread</li> <li>• Green Beans</li> <li>• Chocolate Chip Cookie</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul>	<p>3</p> <ul style="list-style-type: none"> <li>• Hot Dog on a Bun</li> <li>• Baked Beans</li> <li>• Coleslaw</li> <li>• Fruited Jell-O</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul>
<p>7</p> <ul style="list-style-type: none"> <li>• Chicken Veggie Stew</li> <li>• Rice</li> <li>• Bread</li> <li>• Peanut Butter Cookie</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul>	<p>8</p> <ul style="list-style-type: none"> <li>• Meatloaf</li> <li>• Mashed Potatoes</li> <li>• Bread</li> <li>• Mixed Veggie</li> <li>• Pudding</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul>	<p>9</p> <ul style="list-style-type: none"> <li>• Tuna Sandwich</li> <li>• Vegetable Soup</li> <li>• Pears</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul>	<p>10</p> <ul style="list-style-type: none"> <li>• Roast Pork</li> <li>• Roasted Potatoes</li> <li>• Green Beans</li> <li>• Applesauce</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul>
<p>14</p> <ul style="list-style-type: none"> <li>• Beefaroni</li> <li>• Broccoli</li> <li>• Bread</li> <li>• Parfait</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul>	<p>15</p> <ul style="list-style-type: none"> <li>• Veggie and Bean Chili</li> <li>• Rice</li> <li>• Bread</li> <li>• Peaches</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul>	<p>16</p> <ul style="list-style-type: none"> <li>• Sausage and Peppers</li> <li>• Pasta</li> <li>• Garlic Bread</li> <li>• Oatmeal Cookie</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul>	<p>17</p> <ul style="list-style-type: none"> <li>• Lemon Chicken</li> <li>• Couscous</li> <li>• Broccoli</li> <li>• Bread</li> <li>• Birthday Cupcake</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul> <p><b>*Happy February Birthdays*</b></p>
<p>21</p> <p><b>PRESIDENT'S DAY</b> Senior Center Closed</p>	<p>22</p> <ul style="list-style-type: none"> <li>• Sloppy Joes on a Bun</li> <li>• Green Beans</li> <li>• Fruited Jell-O</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul>	<p>23</p> <ul style="list-style-type: none"> <li>• Ham Sandwich</li> <li>• Pea Soup</li> <li>• Pears</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul>	<p>24</p> <ul style="list-style-type: none"> <li>• Baked Ziti</li> <li>• Broccoli</li> <li>• Bread</li> <li>• Chocolate Chip Cookie</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul>
<p>28</p> <ul style="list-style-type: none"> <li>• Shepherd's Pie</li> <li>• Mixed Veggie</li> <li>• Bread</li> <li>• Peaches</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul>	<p><b>LUNCH PREPARED BY</b></p>		



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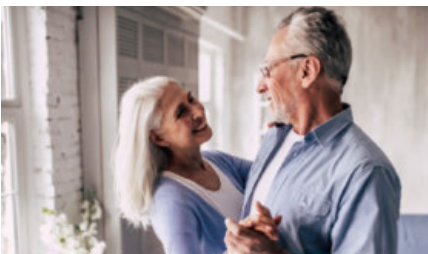
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