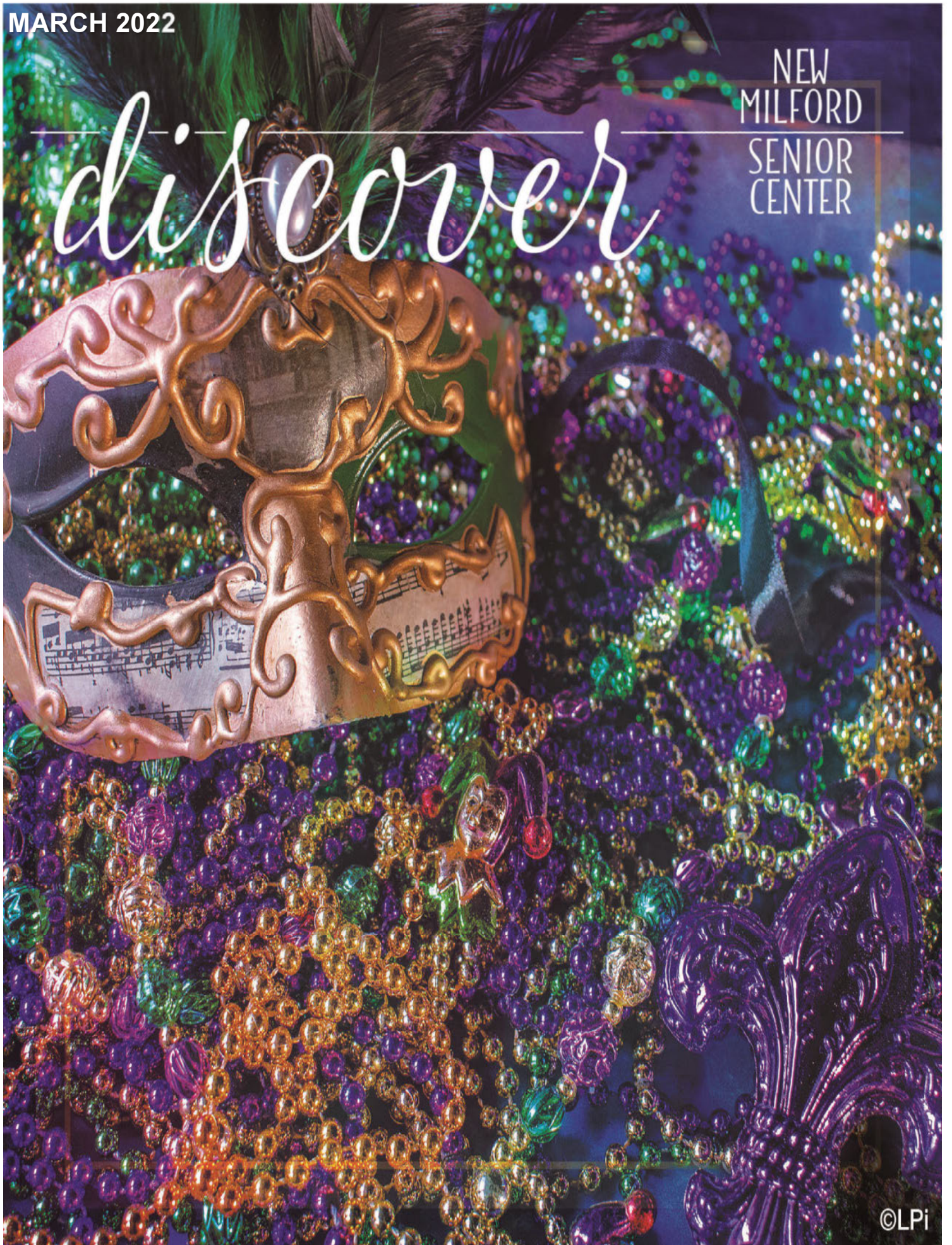


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MENTION CODE AG60-1 WHEN CALLING



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
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*
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

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

IN-HOUSE DINING AND MEAL PICKUP AVAILABLE



The Senior Community Café is open for Lunch with the option of in-house dining and meal pickup! 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. 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 the most current 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.

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!



HOME DELIVERED MEALS—MEALS ON WHEELS

For seniors 60 years of age or older and of homebound status meaning not able to access public places without assistance and not be able to drive can qualify for home delivered meals with Meals on Wheels. Prepared meals are delivered to a person's home for individuals who are unable to prepare or obtain nourishing meals on their own. Western CT's Area Agency on Aging's home-delivered meal programs provide two meals a day and can be obtained anywhere from one to seven days per week depending on need. To apply or make a referral, please call the WCAAA at 800-994-9422 or 203-757-5449.

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.



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,

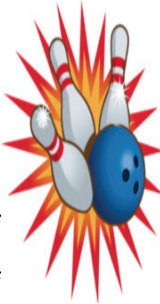
natural terrain and enjoy your time outdoors in the fresh air. Transportation is available by request. For questions or more information, please connect with the Senior Center.

MOVERS & SHAKERS: BOWLING

Tuesday, March 22nd, 1:00 PM

New Milford Lanes 145 Danbury Rd, Unit D

Strike! Let's go bowling at New Milford Lanes! The weather is iffy for March, so why not put on those fancy bowling shoes and play a game or two! Did you know that bowling offers many health benefits! Bowling a 3-game series involves walking over half a mile while swinging an 8-16-pound weight. Bowling is a "whole body" exercise. A lot of bowlers probably don't realize how much exercise they are getting each shot and that so much exercise could be so enjoyable! The cost is \$3.00 per game and New Milford Lanes has graciously offered complimentary shoe rentals for our Movers and Shakers outing. To sign up, please connect with the Senior Center. Transportation is also available by request. Let's roll!



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, March 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!

NMPD CITIZENS POLICE ACADEMY PROGRAM

The New Milford Police Department will be holding their 10 week program again here this spring at the Senior Center to give attendees the opportunity to learn about our police department, police, procedures, and foster an enhanced understanding between the police and community. Detailed flyers and registration sheets are available at the Senior Center. Stop by to learn more!

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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



“DASH AND DINE” LION’S CLUB ST. PATRICK’S DAY DINNER DRIVE-THRU

Sunday, March 13th, 1:30 PM

Just in time for St. Patrick’s Day, the Lion’s Club will be distributing their special St. Patrick’s Day Corned Beef Dinners in a drive-thru fashion in the Senior Center Parking Lot. Tickets reserving the dinners will be available for pickup starting Monday, March 7th on a first come,

first serve basis. Residents of Butter Brook and Glen Ayre may sign up and get their tickets from their respective community offices. Please bring your ticket with you to claim your dinner. Many thanks to our Lion’s Club for sharing in bit o’ St. Patrick’s Day dashing and dining!



GOOD TO KNOW + SPECIAL PROGRAMS | 5

ST PATRICK’S DAY CELEBRATION

Thursday, March 17th, 12:00 PM

Let the *shenanigans* begin! Start off your Irish adventure with a St. Patrick’s Day lunch at noon then stay to dance a jig or two with musician, Dan Snelleck! A beer tasting will also be offered while you enjoy a *wee* bit o’ Irish flair! To sign up, please connect with the Senior Center as reservations will be required.

Happy St. Patrick’s Day!



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.

- 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**

COMMUNITY CULINARY SCHOOL GRADUATION

Thursday, March 24th, 12:00 PM

You are cordially invited to join us as we celebrate and honor the current graduating class of the Community Culinary School of NW CT who have helped to prepare and serve our congregate meals. To sign up, please connect with the Senior Center.



BIRDS OF PREY PRESENTATION

Thursday, March 24th, 1:00 PM

As part of our “Never Stop Learning” initiative, please join us as we proudly welcome the Sharon Audubon Center who will be accompanied by various species of live hawks and owls to demonstrate their beauty, power and connection with the natural world. Learn about these amazing birds of prey and understand why raptors and their environment should continue to be protected and respected. To sign up, please connect with the Senior Center and don’t miss out on this great chance to experience seeing and learning about these incredible creatures!

“TELEVISION NEWS AS I LIVED IT: HOW WE GOT FROM MURROW AND CRONKIT TO TUCKER CARLSON AND RACHEL MADDOW”

Thursday, March 31st, 1:00 PM

Join us as we welcome Rick Levy, a 50 year veteran of the television industry who will take you on a journey through the news media as he experienced it. To sign up, please connect with the Senior Center.



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 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.



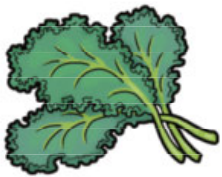
2022 MEDICARE COSTS AT A GLANCE

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 SNACK ON ...



AMANDA'S KITCHEN

Enjoy this fun recipe from our very own Senior Service Advisor, Amanda Caldwell

KALE AND SWEET POTATO FRITTERS

Cuisine: Gluten-Free, Indian-Inspired, Vegan
 Freezer Friendly: 1 month Does it keep? 3-4 Days



- 2 cups peeled, grated sweet potato
- 1 ½ Tbsp. oil (plus more for cooking fritters)
- 1 cup diced red onion
- 2 cups shredded kale (cut very small)

- 1/2 tsp sea salt, to taste
- 1 ¼ tsp garam masala
- 1/4 cup white rice flour (or sub brown rice flour or DIY GF blend)
- For Serving (Optional): mint chutney

1. Shred sweet potato
2. Heat a large skillet over medium heat. Once hot, add oil, onion, grated sweet potato and kale. Sauté for 4-5 minutes, stirring frequently, or until the onion and sweet potato are tender and fragrant. Set aside.
3. To a large mixing bowl add sautéed vegetables, salt, and garam masala and stir. Then add rice flour and stir until combined. You should have a slightly tacky but moldable mixture. Add more rice flour as needed if too wet to handle.
4. Form into thin (roughly 1/4-inch-thick) patties the size of the palm of your hand. In the meantime, wipe down and heat the large skillet you used to sauté your vegetables.
5. Once hot, add a little oil to lightly coat the bottom of the pan. Add enough fritters to comfortably fit without crowding. Pan fry until golden brown — 3-4 minutes on each side.
6. Optional: For even crispier fritters, continue baking in a 400 degree F (204 C) oven for 10-15 minutes.
7. Serve hot topped with mint chutney (optional). Best when fresh. Store leftovers covered in the refrigerator for up to 3-4 days, or in the freezer for up to 1 month. Reheat on the stovetop over medium heat, in a 350 degree F (176 C) oven, or in the microwave until hot. If frozen, thaw slightly before reheating.

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, 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. WE THANK YOU FOR YOUR 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!





BODY SCRUB MAKING WORKSHOP

Tuesday, March 8th, 10:00 AM

Fight the lingering winter dehydration inside and out! Join us as we welcome our friends from Candlewood Valley Health and Rehab for a fun workshop where you can create your own body scrub and learn how to increase your water intake with gourmet infused water recipes. To sign up, please connect with the Senior Center.



HEARING SCREENINGS

Tuesday, March 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.

LIFE AFTER THE LOSS OF A PARTNER BEREAVEMENT SUPPORT GROUP

Please call to sign up!

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.



REIKI HEALING

Returning in April—See you soon!

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.



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.



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.



LUNCH AND LEARN: BRAIN GAMES

**Friday, March 25th,
12:00 PM**

Join us as we welcome Danielle Ramos CDP of Village Crest for a healthy lunch and activity that is not only fun but good for you! There are many ways we can improve brain health...eating the right foods, getting enough sleep, exercising our bodies and exercising our brains. To sign up, please connect with the Senior Center and let's improve our brain health together!



HELP STOP THE SPREAD OF COVID-19

The New Milford Senior Center has at-home COVID-19 test kits available for New Milford resident seniors who have not already received a test kit from the Town of New Milford's distributions at the John Pettibone Community Center and/or the Mayor's Office at the Town Hall. Supplies are limited at a first come, first serve basis by stopping by the Senior Center. N95 Masks are also available for all seniors who visit the New Milford Senior Center while supplies last. And, do you need help scheduling a COVID-19 Vaccine appointment at the clinics at John Pettibone Community Center? Please connect with the Senior Center for assistance. Let's all do our part to help stop the spread!

**GET THE LATEST UPDATES ON COVID-19
INCLUDING INFORMATION REGARDING BOOSTER
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Center for Health & Rehabilitation

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New Milford, CT 06776



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in-person or virtual tour.

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 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!



**ASK THE ATTORNEY—
ROUNDTABLE DISCUSSION**

Tuesday, March 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 (Beginners)

Wednesdays, 1:00 PM (Experienced)

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. All levels welcome!



LIBRARY BOOK EXCHANGE

**Wednesday, March 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, March 10th, 12:30 PM

Happy March Birthdays! Are you celebrating a birthday in the month of March? 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!



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!



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, March 11th,
Thursday, March 17th, and
March 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, March 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'!

ZUMBA GOLD

Mondays, 5:00 - 6:00 PM



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!

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. 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, please connect with the Senior Center

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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will be running the Aging Mastery Program® soon!

Build 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)

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Connect with us:
860-355-6075 or
seniors@newmilford.org



You Will Learn About:

- Navigating Longer Lives
- 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**





MARDI GRAS CELEBRATION

Friday, March 4th, 1:00 PM

Get your beads out and let's celebrate Mardi Gras! The fabulous entertainer, Jose Paolo will get the party going, Brazilian Carnival Style! Wear your purple, yellow, and green attire and dance the afternoon away! This event is BYOB and space is limited so please connect with the Senior Center to sign up.



PAINT, SIP, AND REPEAT!
Thursday, March 3rd, 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 above. Connect with the Senior Center to sign up.



ARTS AND CRAFTS: DECORATIVE EGGS AND BOWLS

Wednesday, March 16th, 1:00 PM

Our fabulous volunteer Arts & Crafters are hopping into Easter! Together we will make color paper eggs with a decorative bowl to display them in just in time to welcome spring. Space is limited so to sign up, please connect with the Senior Center.

WHAT'S HAPPENING: CURRENT EVENTS AND CONVERSATION

Thursdays, March 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.

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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!

MARCH 2022 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>LUNCH PREPARED BY</p> 	<p>1</p> <ul style="list-style-type: none"> Chicken Veggie Stew Rice Bread Cupcake Low-Fat Milk Fruit Juice 	<p>2</p> <ul style="list-style-type: none"> Franks and Beans Coleslaw Bread Peanut Butter Cookie Low-Fat Milk Fruit Juice 	<p>3</p> <ul style="list-style-type: none"> Tuna Noodle Casserole Peas Bread Pudding Low-Fat Milk Fruit Juice
<p>7</p> <ul style="list-style-type: none"> Veggie and Bean Chili Rice Bread Peaches Low-Fat Milk Fruit Juice 	<p>8</p> <ul style="list-style-type: none"> Chicken Sandwich Vegetable Soup Parfait Low-Fat Milk Fruit Juice 	<p>9</p> <ul style="list-style-type: none"> Turkey Tetrizzini Mushroom and Onions Bread Fruited Jell-O Low-Fat Milk Fruit Juice 	<p>*Happy March Birthdays* 10</p> <ul style="list-style-type: none"> Meatloaf Mashed Potatoes Mixed Vegetables Bread Birthday Cupcake Low-Fat Milk Fruit Juice
<p>14</p> <ul style="list-style-type: none"> Scalloped Ham & Potatoes Peas Bread Pudding Low-Fat Milk Fruit Juice 	<p>15</p> <ul style="list-style-type: none"> Pasta with Meat Sauce Green Beans Garlic Bread Peaches Low-Fat Milk Fruit Juice 	<p>16</p> <ul style="list-style-type: none"> BBQ Chicken Mashed Potatoes Bread Roasted Corn Sugar Cookie Low-Fat Milk Fruit Juice 	<p>*St. Patrick's Day Special* 17</p> <ul style="list-style-type: none"> Corned Beef Potatoes Cabbage Bread Surprise Dessert Low-Fat Milk Fruit Juice
<p>21</p> <ul style="list-style-type: none"> Turkey Veggie Stew Noodles Bread Fruited Jell-O Low-Fat Milk Fruit Juice 	<p>22</p> <ul style="list-style-type: none"> Beef Veggie Chili Rice Bread Parfait Low-Fat Milk Fruit Juice 	<p>23</p> <ul style="list-style-type: none"> Chicken and Broccoli Pasta Bread Pears Low-Fat Milk Fruit Juice 	<p>24</p> <ul style="list-style-type: none"> Baked Ziti Cauliflower Garlic Bread Oatmeal Cookie Low-Fat Milk Fruit Juice
<p>28</p> <ul style="list-style-type: none"> Roast Pork Mashed Potatoes Green Beans Bread Pears Low-Fat Milk Fruit Juice 	<p>28</p> <ul style="list-style-type: none"> Lemon Chicken Couscous Gardiniera Bread Chocolate Chip Cookie Low-Fat Milk Fruit Juice 	<p>28</p> <ul style="list-style-type: none"> Veggie & Bean Quesadilla Rice Pudding Low-Fat Milk Fruit Juice 	<p>28</p> <ul style="list-style-type: none"> Tuna Sandwich Vegetable Soup Pears Low-Fat Milk Fruit Juice



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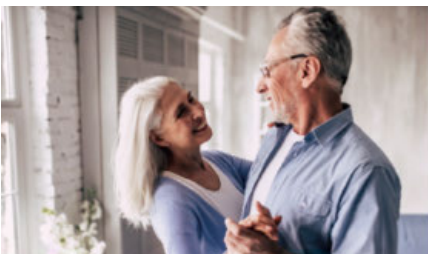
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