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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

**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.



## 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 seniors-only hours through the month of April! 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.

### AARP SMART DRIVER™ COURSE

**Coming this May—Stay tuned for further details!**

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 St New Milford, CT 06776 will reserve your spot.

### SENIOR CENTER COMMUNICATIONS

As we look to optimize our communications, please help us as we work to update our system! If you would like to be able to receive email correspondence from the New Milford Senior Center, please send us an email at [seniors@newmilford.org](mailto:seniors@newmilford.org) to say hello and add you to our system. We look forward to hearing from you!

### THE COMMUNITY FUEL BANK OF NEW MILFORD

Even as the work our way to warmer weather, please consider making a donation to the Community Fuel Bank of New Milford as there is always a need throughout the year. 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*.



### HELPING HANDS OF NEW MILFORD SENIOR CENTER VOLUNTEER MEETING

**Thursday, April 14th, 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 especially during Volunteer Appreciation Week in April. Please see the following page for more details on our Volunteer Appreciation Event held in honor of YOU!

**THE NEW MILFORD SENIOR CENTER WILL BE CLOSED ON FRIDAY, APRIL 15TH IN OBSERVANCE OF GOOD FRIDAY**

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Breakfast bites and a Mimosa toast to celebrate our fabulous volunteers!

Friday, April 8th  
10AM



### POETRY READING

Thursday, April 14th, 11:00 AM

Join us as we welcome local author, Terri Sorrentino to offer a reading of Mary Oliver's "Thirst". The book is a collection of poetry that celebrates nature and the gratitude and healing that can be found in opening our heart and soul to the beauty found all around us. Terri will read a selection of poems and will lead the group in discussion about each one. Come meet new friends and celebrate the start of spring together! To sign up, please connect with the Senior Center.



### INTERGENERATIONAL BOOK CLUB

Book Discussion on Wednesday, April 20th, 4:00 PM

In partnership with the New Milford Library, we're proud to announce that a new book club has formed to promote connection between today's youth and the older generation. Join some of New Milford students as we discuss the first book, "Walk Two Moons" by Sharon Creech. To sign up or for more information, please connect with the Senior Center or the New Milford Library.



### DRUG TAKE BACK DAY

Wednesday, April 27th, 10:00 AM - 2:00 PM  
Senior Center Back Parking Lot

Turn in your unused or expired medications for safe disposal and help keep our community safe! Accepted items include over the counter and prescription medications, medical samples, household pet medicines, and medical ointments. Non-accepted items include chemotherapy drugs, needles/other sharps, hazardous waste, personal care products, and medical practitioner supplies. The New Milford Police Department will be onsite to ensure safe collection in a drive-thru/drop-off style in our back parking lot. Can't make Drug Take Back Day? The New Milford Police Department has a drug take back box in their lobby available 24/7 at 49 Poplar Street.



### "DON'T BE FOOLED!" - LUNCH AND LEARN

Friday, April 1st, 1:00 PM



In partnership with our friends across the street at Webster Bank and as an initiative of New Milford's TRIAD for Senior Safety, join us for an informational seminar and pizza lunch that will provide key information about current events that are targeting seniors, in attempts to defraud them. You will learn about financial abuse and smart ways to protect your money. Attend this seminar and you will have all the knowledge you need to not be "fooled"! To sign up, please connect with the Senior Center.

### THE PEYTON HEART PROJECT

Monday, April 4th, 3:00 PM

The Peyton Heart Project is a global project created to help end suicide and bullying and the stigma surrounding mental health issues. Teaming up with the New Milford Library and the New Milford Youth Agency, the New Milford Senior Center is proud to be a part of the Peyton Heart Project in support and spreading awareness of its mission. Join along with our talented handwork group to assemble hearts for the Peyton Heart Project and to learn more. The Youth Agency and Library will share resources and have an open discussion about simple ways to care for each other and how to help a loved one. For more info or to join the effort, please connect with the Senior Center.



### TECH SAVVY SENIORS

Thursdays starting April 21st, 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.



### HAVE YOU EVER WONDERED WHAT IT IS LIKE TO WORK IN THE WHITE HOUSE?

Thursday, April 28th, 10:30 AM

Former White House butler, Alan DeValerio, is coming to the New Milford Senior Center! Gain insight on the inside details about all the preparations involved in White House entertaining. Not only will he relate his first-hand experiences with history, but he will pass on the stories from those people that he worked with (like Eugene Allen, on whom the movie "The Butler" was based) who have been taking care of our First Families ever since the Franklin Roosevelt administration! Alan will also display many of the White House artifacts (menus, programs, personal photos, etc.) that he has collected over the years. After the program, his new book "A History of Entertainment in the Modern White House" will be available for purchase and signing. This is a presentation that you won't want to miss! Connect with the Senior Center to sign up.



## 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.

#### RENTER'S REBATE

**Application Period: April 1st - October 1st**

Eligibility Requirements: Must be age 65 or older or Social Security disabled and rented in New Milford in the previous year (2021).

Documents required: Proof of last year's income: Previous year's tax return and Social Security 1099, or if did not file, all 1099 forms including SSA 1099 and proof of rent and utilities paid in previous year via note from Landlord or payment records.

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.

#### 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.



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. For 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),



**HEALTHY SAVINGS PROGRAM**

**Informational Meeting: Wednesday, April 6th, 10:00 AM**

Join us as we welcome Katy Francis of the United Way of Western CT for an informational session about a great program that can help you access more healthy food for less! The United Way's Healthy Savings Program offers \$10.00 of fresh produce each week at your local participating grocery store—no minimum purchase or match required plus additional weekly savings on healthy foods such as foods such as milk, whole-grain breads, lean meats, yogurts, beans, cereal, eggs, and much more. Saving is as easy as swiping your Healthy Savings card or scanning your app at check-out! Eligibility is based on residence in the 15-town region we serve in Fairfield and Litchfield Counties and income qualification. Please note: one Healthy Savings account per household. Bring yourself and your smart device if you have one (not required) and learn more about this great opportunity! To sign up, please connect with the Senior Center.

**SOMETHING TO SNACK ON ...**



**AMANDA'S KITCHEN**

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

**VIBRANT BELL PEPPER AND ZUCCHINI TACOS**

Cuisine: Mexican-Inspired

Freezer Friendly: No Does it keep? 3-4 Days



- 1 Tbsp. olive oil
- 2 cups zucchini, cut into 1/4 inch matchsticks
- 1 cup yellow or white onion
- 1 ½ cups red bell pepper, cut into 1/4 inch slices
- 1/4 tsp sea salt

- 1-2 tsp garlic powder
- 2 tsp dried oregano
- 1/2 tsp red pepper flakes
- 1 tbsp lime juice
- 4 tortillas

1. Place the oil in a large skillet and turn to medium heat. When the oil is hot, place zucchini slices in the skillet. Cook undisturbed for 2-3 minutes, until browned. Flip the zucchini to brown the other side. Transfer to a plate and repeat with remaining zucchini.
2. Add the onion to the skillet and cook for 5-6 minutes, tossing occasionally, until softened and beginning to brown. Add the bell pepper and cook until tender but with a little bite remaining — about 2-3 more minutes.
3. Turn heat to low. Return the zucchini to the skillet and add the salt, garlic powder, oregano, red pepper flakes, and lime juice. Toss to coat and heat through, then remove from heat. Taste and adjust as needed.
4. Warm tortillas by wrapping in a damp paper towel (or kitchen towel) and microwaving for 30 seconds – 1 minute.
5. Divide the filling between the warmed tortillas and serve as is or with toppings or sides of your choice (black beans and guacamole are my favorites, but you can also try salsa, sour cream, and fresh cilantro!)



UNTIL FURTHER NOTICE, PLEASE BE ADVISED THAT OUR SENIOR TRANSPORTATION SERVICES WILL CONTINUE TO ADHERE TO THE GUIDANCE OF MASKS OPTIONAL BUT STILL STRONGLY ENCOURAGED. WE THANK YOU FOR YOUR 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.

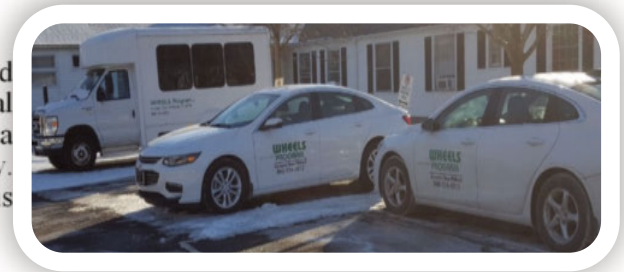
**PLEASE WEAR A MASK!**

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

**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)



**THE WHEELS PROGRAM IS IN NEED OF VOLUNTEERS!  
FOR MORE INFORMATION, PLEASE CALL 860-354-6012 AND ASK FOR THEA**

**SUPPORT OUR ADVERTISERS!**





**NATIONAL WALKING DAY****Thursday, April 7th, 1:30 PM**

Join us as we celebrate National Walking Day! Let's get outside together and go for a walk around the beautiful New Milford Green. Tom and Flora will be our "walking guides" and lead the way as we get those steps in! To sign up, please connect with the Senior Center.

**REIKI HEALING****Tuesdays, April 12th and 26th, 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.

**MOVERS & SHAKERS:  
INDOOR CORNHOLE****Friday, April 22nd, 1:00 PM**

It's still a little muddy 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!

**HEARING SCREENINGS****Tuesday, May 10th****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.



**GET THE LATEST UPDATES ON COVID-19  
INCLUDING INFORMATION REGARDING BOOSTER  
SHOTS AND OTHER HELPFUL LOCAL RESOURCES  
SUCH AS TESTING BY VISITING  
[WWW.VACCINATENEWMILFORD.ORG](http://WWW.VACCINATENEWMILFORD.ORG)**

**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!

**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.

**HEALTHY CHATS WITH HEIDI PRESENTS:  
LYME DISEASE PREVENTION****Thursday, April 23rd, 1:00 PM**

Join the Housatonic Valley Health District for a Healthy Chats with Heidi presentation to learn more about Lyme Disease Prevention. This program will incorporate education on tick-borne illnesses, prevention and treatment options. Bring any questions you may have on ticks and the illnesses they cause to humans. Heidi Bettcher, RN, BSN is the Community Health Nurse Supervisor at HVHD and has been a practicing nurse for 20 years. To sign up, please connect with the Senior Center.



**AS WE ENTER INTO SNIFLE SEASON, WE WANT TO OFFER  
A FRIENDLY REMINDER TO ALL: PLEASE, IF YOU ARE  
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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!

**ASK THE ATTORNEY—  
ROUNDTABLE DISCUSSION**

**Tuesday, April 19th, 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, April 6th,  
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!



**CELEBRATING APRIL BIRTHDAYS**

**Tuesday, April 19th, 12:00 PM**

Happy April Birthdays! Are you celebrating a birthday in the month of April? 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, April 8th,  
Thursday, April 21st, and  
Tuesday, April 26th, 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, April 8th, 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!



## 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 dancing 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!



**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 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."

## \*NEW\* BOOGIE SHOES

**Fridays starting April 22nd, 1:00 PM**

Move and groove to classic boogie beats as you target and tone legs and core muscles with funky fresh dance routines with professional dancer and certified personal trainer, Matthew Ames. No experience or dance skill is required. Routines are easy to modify for all fitness levels. The cost of a 4-week session is \$25 and payment will confirm your registration. It's time to get toned to the sounds of Jazz, Funk, and boogie, all your favorite sounds of the post-disco era, so put on your "Boogie Shoes."



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## Word List:

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 BIRDHOUSE  
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 SPARROW  
 PARROT  
 ROOST  
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 SWALLOW  
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 EGG  
 FEATHER  
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 NESTLING  
 PIGEON  
 RAVEN  
 FLAMINGO  
 SWAN  
 ROBIN

BILL  
 FLOCK  
 WING  
 INCUBATE  
 MIGRATION  
 ROOK  
 MAGPIE  
 GOOSE  
 ALBATROSS



**ARTS AND CRAFTS:  
PAINT POURING**



**Tuesday,**

**April 5th, 10:00 AM**

Join us as we welcome our friends from Candlewood Valley Health and Rehab for a morning of arts and crafts! Learn this immersive new technique to create abstract paintings using fluid acrylic paint. All materials will be provided. To sign up, please connect with the Senior Center.

**ARTS AND CRAFTS:  
DECORATIVE SPRING PLANTERS**

**Wednesday, April 13th, 10:00 AM**

April Showers bring May Flowers. Our fabulous Arts and Craft Volunteers are back and will help us create beautiful spring planters for indoor or outdoor enjoyment. Bring along your own artificial flowers if you want to add your own special flair to your piece otherwise all materials and supplies will be provided. To sign up, please connect with the Senior Center.



**\*NEW\* LET'S TALK SPORTS**

**Thursday, April 14th, 1:00 PM**

Starting this month, every 2nd Thursday join in to talk sports. Sports Talk with Bill, Paul and Wayne is designed to give you a forum to talk about your favorite teams, players, personalities, statistics and more. You can express your happiness about a recent win or complain about your team's transactions or performances; all conversations are welcome but must remain respectful! Many of us watch our teams on T.V. so the more you know the more you'll enjoy it. Whether you are a sports nut or just curious; everyone is welcome to join in. To sign up, please connect with the Senior Center.



**SPRINGTIME SPECIAL BINGO**

**Tuesday, April 26th, 1:00 PM**

Join us as we welcome our friends from Synergy Homecare for an afternoon of Springtime Special Bingo! You can even join us for lunch before Bingo, just make sure to make your reservation by connecting with the Senior Center.



**WHAT'S HAPPENING:  
CURRENT EVENTS  
AND CONVERSATION**



**Thursdays,**

**April 14th and 28th, 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, connect with the Senior Center.

**SPRING FLING SOCIAL**

**Friday, April 29th,  
1:00 PM**

Spring is in the air! Gather your friends and let's meet at the Spring Fling Social! BYOB, but leave your spring fever at home! To sign up, please connect with the Senior Center.



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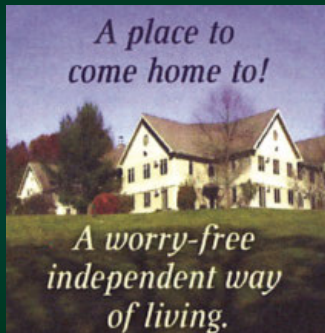
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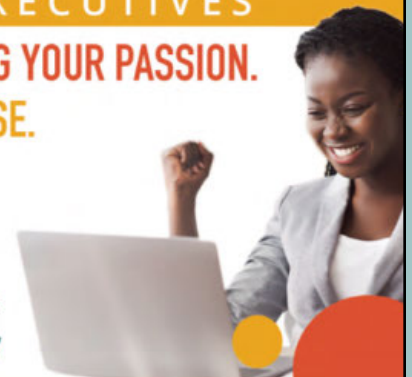
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PLEASE SIGN UP BY CONNECTING WITH THE SENIOR CENTER AT LEAST 3 DAYS IN ADVANCE

## APRIL 2022 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>4</p> <ul style="list-style-type: none"> <li>• Mac and Cheese</li> <li>• Stewed Tomatoes</li> <li>• Pudding</li> <li>• Bread</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul>	<p>5</p> <ul style="list-style-type: none"> <li>• Franks and Beans</li> <li>• Coleslaw</li> <li>• Oatmeal Cookie</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul>	<p>6</p> <ul style="list-style-type: none"> <li>• Beef Stroganoff</li> <li>• Noodles</li> <li>• Bread</li> <li>• Applesauce</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul>	<p>7</p> <ul style="list-style-type: none"> <li>• Barbeque Chicken</li> <li>• Mashed Potatoes</li> <li>• Roasted Corn</li> <li>• Bread</li> <li>• Fruited Jell-O</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul>
<p>11</p> <ul style="list-style-type: none"> <li>• Sausage</li> <li>• Peppers and Onions</li> <li>• Pasta</li> <li>• Garlic Bread</li> <li>• Peanut Butter Cookie</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul>	<p>12</p> <ul style="list-style-type: none"> <li>• Veggie and Bean Chili</li> <li>• Rice</li> <li>• Bread</li> <li>• Pears</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul>	<p>13</p> <ul style="list-style-type: none"> <li>• Meatloaf</li> <li>• Mashed Potatoes</li> <li>• Mixed Veggies</li> <li>• Bread</li> <li>• Parfait</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul>	<p>14</p> <ul style="list-style-type: none"> <li>• Tuna Sandwich</li> <li>• Veggie Soup</li> <li>• Pudding</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul>
<p>18</p> <ul style="list-style-type: none"> <li>• Chicken Veggie Stew</li> <li>• Rice</li> <li>• Bread</li> <li>• Fruited Jell-O</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul>	<p><b>*Happy April Birthdays*</b> 19</p> <ul style="list-style-type: none"> <li>• Sloppy Joe on a Bun</li> <li>• Gardiniera</li> <li>• Birthday Cupcake</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul>	<p>20</p> <ul style="list-style-type: none"> <li>• Chicken Sandwich</li> <li>• Potato and Veggie Salad</li> <li>• Oatmeal Raisin Cookie</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul>	<p>21</p> <ul style="list-style-type: none"> <li>• Roast Pork Sandwich</li> <li>• Green Beans</li> <li>• Applesauce</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul>
<p>25</p> <ul style="list-style-type: none"> <li>• Baked Ziti</li> <li>• Broccoli</li> <li>• Garlic Bread</li> <li>• Parfait</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul>	<p>26</p> <ul style="list-style-type: none"> <li>• Shepherd's Pie</li> <li>• Mixed Veggies</li> <li>• Bread</li> <li>• Chocolate Chip Cookie</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul>	<p>27</p> <ul style="list-style-type: none"> <li>• Baked Fish</li> <li>• Rice</li> <li>• Cauliflower</li> <li>• Bread</li> <li>• Pears</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul>	<p>28</p> <ul style="list-style-type: none"> <li>• Scalloped Ham &amp; Potatoes</li> <li>• Peas</li> <li>• Bread</li> <li>• Pudding</li> <li>• Low-Fat Milk</li> <li>• Fruit Juice</li> </ul>

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