

JUNE 2022

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OWNER

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105 Butterbrook Hill. New Milford, CT 06776

Apartments for seniors 62 years of age or older, or eligible disabled persons
Funded by the U.S. Dept. of HUD's 236 Program

Rental assistance available for 40 units. Income limits and other eligibility criteria apply.

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Maksimov**
B.S., BC-HIS, ACA
hearct.com

*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

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*
Housatonic Valley Health District
RVNA-New Milford and Nuvance Health
Community Culinary School of NW CT

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



SENIOR CENTER COMMUNITY CAFÉ

Community Culinary School of Northwestern CT

Lunch is served Mondays - Thursdays at 12:00 PM | Suggested donation: \$4.00

Jason Streck-Weller, *Chef On Site*

Flora Quammie, *Lunch Volunteer*

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.



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

Marisa Levine

Municipal Agent/Senior Services Advisor

Kim Fitch

Office Coordinator

Tom Williams

Senior Center Bus Operator

Erin Baldwick

Senior Center Bus Operator

Rufus de Rham

Chore Services Coordinator

Sue Desgro

Per Diem Sub Senior Center Bus Operator

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.

THE COMMUNITY CULINARY SCHOOL INVITES YOU TO JOIN US ON THURSDAY JUNE 9, 2022 AT 6:00 PM

COMMUNITY DINNER

WE DO THE PREP, COOKING AND THE CLEAN-UP, WHILE YOU ENJOY YOUR FAMILY AND NEIGHBORS!
PULLED PORK DINNER WITH ALL THE FIXINGS
MENU AVAILABLE ON OUR WEBSITE

Cost \$18.95 per person ~ \$9.95 for children 12 and under
Purchase tickets online by June 2 at communityculinaryschool.org or call the school at 203-512-5791

 **The Community Culinary School
7 Whittlesey Ave
New Milford, CT 06776
in the St. John's Parish Hall**

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 senior@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 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, June 9th, 10:00 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 NEW MILFORD SENIOR CENTER WILL BE CLOSED ON MONDAY, JUNE 20TH IN HONOR OF JUNETEENTH

What is Juneteenth? Juneteenth (short for "June Nineteenth") commemorates the effective end of slavery in the United States.

ADVERTISE HERE to reach the senior market





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lpicommunities.com/adcreator

**CULTURAL CONNECTIONS—
CELEBRATING DIVERSITY AROUND THE WORLD: CHINA**

Friday, June 3rd, 11:00 AM

featuring Dream Performing Arts



In partnership with 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. The next part of this series will bring us to the "The Red Dragon": China. We are happy to welcome the Dream Performing Arts featuring Chai-lun Yueh and Lisa Fan. Chai-lun Yueh is a Grammy awards nominee, Global Music Awards winner and 5 times Carnegie Hall featured soloist with baritone voice described as Liquid Gold and will be presenting beautiful Chinese art and folk songs and popular songs in English, French etc. Lisa Fan, Principal dancer of Dream Performing Arts, will present authentic Chinese dances including ancient dances of Han Dynasty; Ethnic Minority dances of Mongolian and Folk dances of Ribbon, Fan, and Umbrella. The program will conclude with a taste of China featuring a sampling of various Chinese dishes. To sign up, please connect with the Senior Center as space is limited. The New Milford Senior Center thanks CCF for the opportunity to share these beautiful cultures with you all!



**LYNN DEMING AND
ADDIS PARK PASS
INFORMATION**

**Sale Dates
5/30/22 - 9/5/22**

**ALL VEHICLE PASSES ARE SOLD
AT LYNN DEMING PARK**

- \$65 - Resident Pass
- \$45 - Additional Vehicle Pass
- \$45 - Veteran Pass
- \$20 - Senior Pass (Age 65+)

**Must be a New Milford Resident
Vehicle, driver's license and vehicle
registration required upon purchase**

Questions?
ParkAndRec@NewMilford.org

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Financial assistance scholarships for Lynn Deming and Addis Park Parking Passes are available for New Milford Seniors through the Senior Center, if a need exists. Please contact the Senior Center for inquiries. Transportation on our Senior Center busses is also available by request to those who would like to enjoy a day at Lynn Deming! Please be mindful that conditions at Lynn Deming are that of a beach environment so plan accordingly for your own personal navigation and comfort. For more information, or to make a reservation on our bus, please connect with the Senior Center.

MOVERS AND SHAKERS: SHARON AUDUBON HIKE

Monday, June 13th, 1:30 PM

325 Cornwall Bridge Rd— Sharon, CT

Come embark on an adventure, discovering the hidden (and not so hidden) seasonal secrets of the forests, fields, stream and pond as we saunter along the trails of the Sharon Audubon Center in search of plants, birds, and other wildlife. Center Director, Eileen Fielding will be your guide for this easy-moderate 90 minute walk on natural trails. Wear sturdy hiking shoes and bring binoculars if you have them. The cost is \$4.50 per person. To sign up, please connect with the Senior Center.



**MUSIC OF THE 50'S AND 60'S
AND ITS IMPACT ON AMERICA**

Tuesday, June 14th, 1:00 PM

Join us as we welcome our friends from Synergy HomeCare with presenter, Stephen Armstrong for a musical lookback from the Rock N' Roll era. Let's bring back some memories and maybe learn something new about the music we love tappin' our toes to! To sign up, please connect with the Senior Center.

**GENTLEMEN'S BREAKFAST
IN HONOR OF FATHER'S DAY**

Friday, June 17th, 9:00 AM

In honor of Father's Day, we welcome all our gentlemen to join us at the table to enjoy breakfast sponsored by our friends at the Bagel Barn! To sign up, please connect with the Senior Center and we wish all our men a very Happy Father's Day. Whether you are a father, grandfather, uncle, father figure or father at heart, we honor you today and everyday!

AMANDA CALDWELL & MARISA LEVINE

MUNICIPAL AGENTS FOR THE ELDERLY/SENIOR SERVICE ADVISORS

Our Municipal Agents/Senior Service Advisors are available for appointments at the Senior Center, home visits and may be also contacted by phone and email.

SERVICES AVAILABLE TO NEW MILFORD RESIDENTS AND THEIR FAMILIES ONLY

- Information and Referrals • Housing Options • Prescription Drug Plans • Energy Assistance • Renter & Tax Rebates •
- Medicaid • Medicare and Supplemental Plans • Medicare Advantage Plans • Long Term Care Planning and Insurance •
- Social Security Counseling • Meals On Wheels • Home Care Options • Life Line • Financial Counseling • Transportation •
- Title 5 Senior Employment Options • Chores • Elderly Nutrition/SNAP/Farmers Market Coupons •
- Volunteer Opportunities • Support Groups •

MUNICIPAL AGENTS/SENIOR SERVICES ADVISORS

OFFICE AND CHORE SERVICES 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**.



FARMERS MARKET COUPONS

Connect with the Senior Center or check back for updates as more details and information become available regarding distribution of Farmers Market Coupons to those eligible. The New Milford Farmers Market is on Saturdays from 9:00 AM - 12:00 PM on the New Milford Green until the end of October.

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 last day for electric customers to apply for Energy Assistance has been extended to June 30th. 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 connect with the Senior Center to schedule 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 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.

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),



AMANDA'S KITCHEN

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



STRAWBERRY AND BLUEBERRY QUINOA SALAD

Cuisine: Gluten Free, Vegan
 Freezer Friendly: No Does it keep? 3-4 Days

- 1 ½ cup cooked quinoa
- ½ medium red onion, diced
- 12 large strawberries, diced
- 50 blueberries
- 3 medium stalks of celery, diced

- 4 cups spinach, chopped
- 1 cup chopped carrot
- 4 tbsp. balsamic vinegar
- 1 tbsp. agave or maple syrup

1. In a measuring cup, combine agave or maple syrup and balsamic vinegar.
2. Combine diced onion, strawberries, blueberries, and quinoa in a bowl.
3. Add balsamic vinegar mixture to the bowl.
4. Optional: Chill in the refrigerator for about an hour so that the mixture can be soaked up a little.
5. Combine spinach, carrots and diced celery and enjoy!



Summer Safety Tips



Stay Hydrated
 Drink 8 or more glasses of water per day to stay healthy & hydrated



Know the Side Effects of Medications
 Some medications have side effects such as drowsiness or sun sensitivity



Stay Cool
 Stay in the A/C, indoors, go swimming, etc.



Wear Light, Loose Fitting Clothing
 Wear breathable clothing and light colors that reflect the sun



Have Emergency Contacts
 Have a list of people to call in case of emergency



Know the Weather Forecast
 Plan your days accordingly depending on the weather

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.

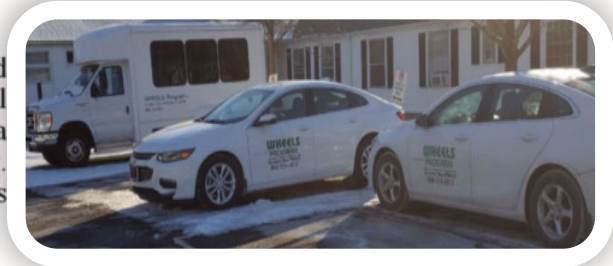
MASKS STILL ENCOURAGED

The health and safety of our riders and drivers are of utmost importance. Riders are still recommended 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


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



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

SUPPORT OUR ADVERTISERS!



FYI: AT-HOME COVID-19 TEST KITS ARE AVAILABLE AT THE SENIOR CENTER WHILE SUPPLIES LAST!



***NEW TIME* CORNHOLE LEAGUE
Thursdays, 1:00 PM**

Join us for a game or two of cornhole, a sport that has swept the nation. We'll hold these games each Tuesday and have the option to play indoors or outdoors, weather-permitting. To sign up, please connect with the Senior Center and let the games begin!

option to play indoors or outdoors, weather-permitting. To sign up, please connect with the Senior Center and let the games begin!

RIVER WALK WEDNESDAYS

Wednesdays, 9:30 AM—Youngs Field Riverwalk

Join us for a nice walk along the Housatonic! The path is paved and flat which makes it perfect for all abilities. Let's get our stems in and enjoy the lovely outdoors as we work our way through spring! To join the walking group, please connect with the Senior Center for meet details or to set up transportation with our busses.



HEARING SCREENINGS

***SAVE THE DATE* Tuesday, July 12th
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.

REIKI HEALING

Tuesdays, June 14th and 28th, 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.



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.

NUTRITION EDUCATION: AT THE FARMERS MARKET

Tuesday, June 7th, 11:00 AM



It's Farmers Market Season! Join us as we welcome our Senior Center dietician, Judy Prager for a presentation and Q & A about the local Farmers Markets and what produce is best in the different seasons. To sign up, please connect with the Senior Center.

**HOUSATONIC VALLEY HEALTH DISTRICT PRESENTS:
IMMUNIZATIONS FOR SENIORS**

Thursday, June 16th, 1:00 PM

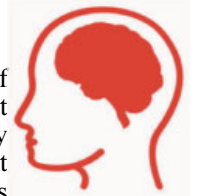
Are you up to date on all your immunizations? Join Housatonic Valley Health District for a Healthy Chats with Heidi to learn more about the immunizations you need to keep you protected later in life. To sign up, please connect with the Senior Center.



LUNCH AND LEARN: BRAIN GAMES

Friday, June 17th, 1:00 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!



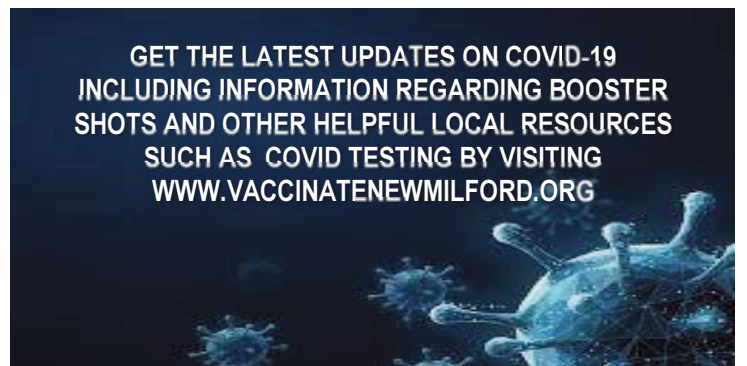
BLOOD PRESSURE SCREENINGS

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.

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



VillageCrest
Center for Health & Rehabilitation

19 Poplar Street
New Milford, CT 06776



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

860.354.9365

village-info@NHCA.com

www.villagecrestrehab.com

HANDIWORK CIRCLE

Mondays, 10:00 AM

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

WEEKLY BINGO

Mondays, 1:00 PM

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



**ASK THE ATTORNEY—
ROUNDTABLE DISCUSSION**

Tuesday, June 21st, 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.



***NEW TIME* ¡APRENDA
ESPAÑOL CON NOSOTROS!**

Tuesdays, 10:30 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.



***NEW TIME* MAHJONG**

Tuesdays, 12:30 PM (Beginners)

Wednesdays, 12:30 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, June 1st, 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 JUNE BIRTHDAYS

Tuesday, June 21st, 12:00 PM

Happy June Birthdays! Are you celebrating a birthday in the month of June? Well come 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! Musical entertainment throughout lunch will be provided by pianist, Brian Horberg. 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, June 10th,
Thursday, June 16th, and
Tuesday, June 28th, 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, June 10th, 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

***NEW DAY AND LOCATION* Tuesdays, 11:00 AM
JPCC Cafeteria—2 Pickett District Rd**

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 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."



***NEW DAY AND TIME* BOOGIE SHOES
Wednesdays, 11:00 AM**

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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Breakfast!

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Word List:

BREAKFAST
 POTATOES
 OMELET
 FRUIT
 TOAST
 CEREAL
 FRITTER
 SYRUP
 QUICHE

PANCAKES
 HAM
 BRUNCH
 PASTRY
 BISCUIT
 CREPES
 GRAPEFRUIT
 MARMALADE
 YOGURT

BACON
 SAUSAGE
 JUICE
 OATMEAL
 COFFEE
 DONUT
 GRITS
 MELON
 GRANOLA


HASHBROWNS
 BENEDICT
 ORANGE
 WAFFLE
 TEA
 EGGS
 JELLY
 MILK
 MUFFIN



**AGING MASTERY PROGRAM
GRADUATION LUNCH**
Wed, June 8th, 12:00 PM

You are cordially invited to join us as we celebrate the graduates of this year's Aging Mastery Program! Members of our own senior community will have completed the 10-week AMP course, a fun and engaging education and behavior change incentive program for aging well. Congrats to all our Graduates! To sign up for lunch and the *Pomp and Circumstance*, please connect with the Senior Center.

CALLING ALL CHESS PLAYERS!



Are you a chess player? An interest list is being gathered for a Chess Club! To add your contact info to the list, connect with the Senior Center.

***NEW* ARTS AND CRAFTS:
SUMMERTIME KISSING BALLS**
Wednesday, June 15th, 10:00 AM



Our Arts and Craft Volunteers are back and will guide us in creating beautiful summertime floral kissing balls! These can be used as a little centerpiece or simply as a lovely summertime decoration. This creative group never ceases to amaze us with their ideas! All materials and supplies will be provided. To sign up, please connect with the Senior Center as space is limited.

***NEW* START OF SUMMER
SPECIAL BINGO**
Tuesday, June 21st, 1:00 PM

Join for an afternoon of Special Bingo to welcome the start of Summer sponsored by our friends at Candlewood Valley Health & Rehab! To sign up, please connect with the Senior Center and we hope you join us for lunch, too!



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



**Thursdays, June 9th and
June 23rd, 10:30 AM *NEW TIME***

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.

***NEW* LET'S TALK SPORTS**
Thursday, June 9th, 1:00 PM



Join us 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 respectful conversations welcome! Whether you are a sports nut or just curious; everyone is welcome to join in. To sign up, please 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 CONNECTING WITH THE SENIOR CENTER AT LEAST 3 DAYS IN ADVANCE

JUNE 2022 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
LUNCH PREPARED BY  <p>*PLEASE NOTE THAT DUE TO PRODUCT AVAILABILITY, MENU ITEMS MAY BE SUBJECT TO SUBSTITUTIONS</p>		1 <ul style="list-style-type: none"> Chicken and Veggie Pasta Bread Parfait Low-Fat Milk Fruit Juice 	2 <ul style="list-style-type: none"> Baked Fish Rice Cauliflower Fruited Jell-O Low-Fat Milk Fruit Juice
6 <ul style="list-style-type: none"> Scalloped Ham & Potatoes Peas Bread Low-Fat Milk Fruit Juice 	7 <ul style="list-style-type: none"> Tuna Sandwich Veggie Soup Pudding Low-Fat Milk Fruit Juice 	*AMP Graduation* 8 <ul style="list-style-type: none"> Lemon Chicken Pasta Broccoli Bread Low-Fat Milk Fruit Juice 	9 <ul style="list-style-type: none"> Shepherd's Pie Mixed Veggies Bread Applesauce Low-Fat Milk Fruit Juice
13 <ul style="list-style-type: none"> Sloppy Joe with Bun Giardiniera Chocolate Chip Cookie Low-Fat Milk Fruit Juice 	14 <ul style="list-style-type: none"> Chicken & Veg Quesadilla Rice Pudding Low-Fat Milk Fruit Juice 	15 <ul style="list-style-type: none"> Turkey Tetrazzini Mushroom and Onions Bread Parfait Low-Fat Milk Fruit Juice 	16 <ul style="list-style-type: none"> Ham & Cheese Sandwich Three Bean Salad Pickle Cupcake Low-Fat Milk Fruit Juice
20 <p>JUNETEENTH Senior Center Closed</p>	*Happy June Birthdays* 21 <ul style="list-style-type: none"> Chicken Sandwich Lettuce and Tomato Potato Salad Birthday Cupcake Low-Fat Milk Fruit Juice 	22 <ul style="list-style-type: none"> Roasted Pork Loin Mashed Potatoes Green Beans Bread Oatmeal Cookie Low-Fat Milk Fruit Juice 	23 <ul style="list-style-type: none"> Baked Ziti Broccoli Garlic Bread Fruited Jell-O Low-Fat Milk Fruit Juice
27 <ul style="list-style-type: none"> Grilled Cheese Creamy Tomato Soup Applesauce Low-Fat Milk Fruit Juice 	28 <ul style="list-style-type: none"> Beef and Veggie Chili Rice Bread Parfait Low-Fat Milk Fruit Juice 	29 <ul style="list-style-type: none"> BBQ Chicken Mashed Potatoes Roasted Corn Bread Pudding Low-Fat Milk Fruit Juice 	30 <ul style="list-style-type: none"> Mac and Cheese Stewed Tomatoes Bread Applesauce Low-Fat Milk Fruit Juice



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