

JULY 2022

NEW  
MILFORD  
SENIOR  
CENTER

# discover



# ABC FUEL OIL

NEW CUSTOMERS WELCOME!  
**203-775-0221**

- Emergency Service
- Discount Fuel Oil Dealer
- Energy Assistance Program
- No Contracts Necessary



Family Owned And Operated  
Since January 2000 HOD #009

Office: 860.350.3801 Cell: 203.241.9300



**The Aiello Roofing Company**

**Christopher Aiello**  
OWNER

www.theaielloroofingcompany.com  
aielloroofingco@gmail.com / HIC 0641306

## Butter Brook Hill Apartments

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.

**For Information call: (860) 355-0814 TRS (800) 842-9710**



EOH



**GROW YOUR BUSINESS**  
BY PLACING  
AN AD HERE!

**CONTACT US!**

Contact Bill Humphreys  
to place an ad today!  
[bhumphreys@lpicommunities.com](mailto:bhumphreys@lpicommunities.com)  
or (800) 477-4574 x6634



New Milford Visiting  
Nurse & Hospice and  
VNA Home are now part  
of the RVNAhealth family

## Stronger Together to Serve You Better

RVNAhealth provides exceptional  
lifelong care and wellness services  
that bring the WELL to your health,  
care, and daily living. We provide  
the WELL you need when, where  
and how you need it.

- BEWELL Wellness, Prevention and Nutrition
- GETWELL Visiting Nursing and  
Rehabilitation Therapies
- STAYWELL Personal Caregiving (Live-in & hourly)
- COMFORTWELL Hospice Care

27 Governor Street, Ridgefield  
68 Park Lane Road, New Milford

203.438.5555  
[RVNAhealth.org](http://RVNAhealth.org)

**rVnaHEALTH™**  
For Lifelong Care & Wellness

**LEARN MORE**



# CARLSON PROCARE

CHRONIC PAIN • POST-OP MANAGEMENT  
SPORTS MEDICINE • MANUAL THERAPY



860-354-7605 • 116 Danbury Road • New Milford  
[www.carlsonprocure.com](http://www.carlsonprocure.com)

## Life-changing hearing care starts here.

Call today to schedule  
your **complimentary**  
**hearing assessment\*** and  
**personal demonstration!**



## HEARING AID Specialists of CT

A **HearingLife** Company  
337 Danbury Road  
New Milford, CT 06776  
**860.946.4339**

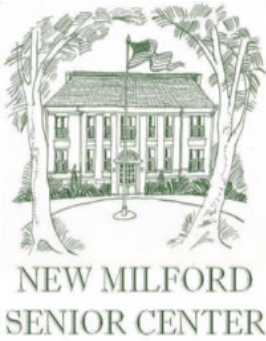


**Carol Wintrose  
Maksimov**  
B.S., BC-HIS, ACA  
[hearct.com](http://hearct.com)


\*See office for details.

MENTION CODE **AG60-1** WHEN CALLING





40 Main Street ♦ New Milford, CT 06776  
 Telephone (860) 355-6075 Fax (860) 354-2843  
 Hours: Monday-Friday, 8:00 AM-4:00 PM  
 Website: [www.newmilford.org](http://www.newmilford.org)

Click on "Departments" and select "Senior Center" 



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



[www.agewellct.org/newmilford](http://www.agewellct.org/newmilford)

### SUBCOMMITTEES

#### TRIAD for Senior Safety

Andrea Wilson, *Chairperson*  
 Nanette Bergin, *Secretary*

#### 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

### 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*

### COMMISSION ON AGING

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

Gretchen O'Shea, *Chairperson*  
 Bob Bennett, Mary-Ellen Foster, Michelle  
 Liquori, Holly Mullins, Dan Sullivan,  
 Cecilia Buck-Taylor, Bonnie Weed



### SENIOR CENTER STAFF

**Jasmin Marie J. Ducusin-Jara**  
*Director of Senior Services*

**Janette Ireland**  
*Program Coordinator/Asst. Director*

**Amanda Caldwell**  
*Municipal Agent/Elder Advisor*

**Marisa J. Levine**  
*Municipal Agent/Elder 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.

## 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

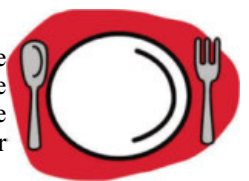
For seniors 60 years of age or older and of homebound status meaning not able to access public places without assistance and not be able to drive can qualify for home delivered meals with Meals on Wheels. Prepared meals are delivered to a person's home for individuals who are unable to prepare or obtain 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.



### NEW MILFORD LIBRARY HOMEBOUND SERVICES



In keeping with its mission to provide access to books and other materials to the citizens of New Milford for the purpose of enriching their lives, the New Milford Public Library offers delivery and pickup of library materials to homebound New Milford residents. The library is pleased to partner with the New Milford

Senior Center, whose volunteers will provide the delivery and pick-up services. Materials include but are not limited to books, magazines, DVDs CDs, audiobooks, and puzzles. For more information, please connect with the New Milford Library by calling 860-355-1191 x201 or by visiting their website: [www.newmilfordlibrary.org](http://www.newmilfordlibrary.org) with links to the registration form.

### INTERGENERATIONAL BOOK CLUB

**Book Discussion Tuesday, July 12th, 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 book, "Song for a Whale" by Lynne Kelly. To sign up or for more info, please connect with the Senior Center or the New Milford Library.

### SENIOR CENTER COMMUNICATIONS

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](mailto: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](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, July 14th, 10:00 AM**

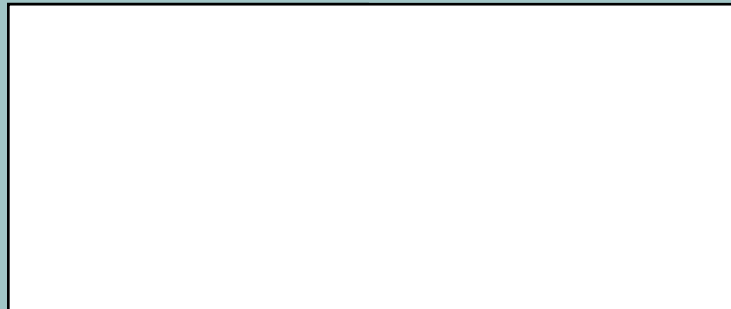
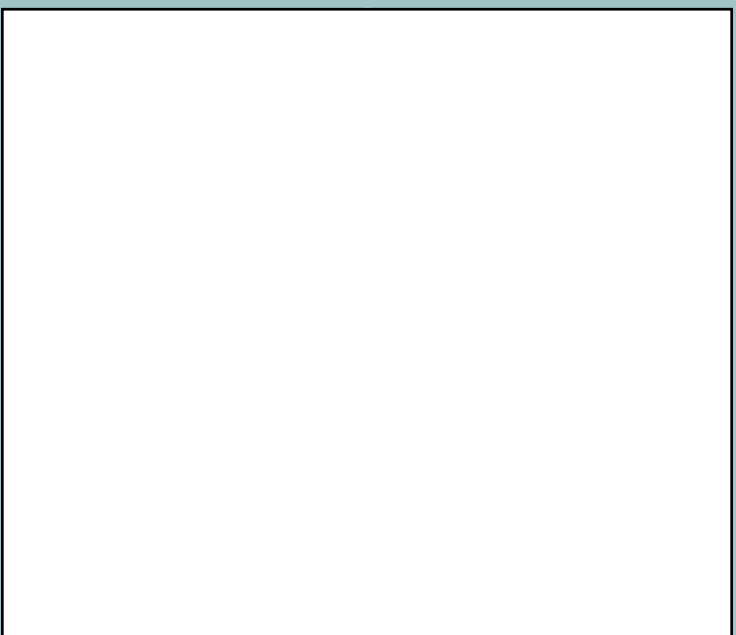


Looking for volunteer opportunities or do you simply just want to help make the New Milford Senior Center a better place? Join us as we look to gather new and returning Senior Center volunteers to learn of upcoming events, brainstorm new ideas, or seeing where your time and talents can be shared and 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, JULY 4TH IN HONOR OF INDEPENDENCE DAY**

**ADVERTISE HERE** to reach the senior market

**Call (800) 477-4574**



**Place Your Ad Here and Support our Community!**

Instantly create and purchase an ad with

**AD CREATOR STUDIO**

[lpicomunities.com/adcreator](http://lpicomunities.com/adcreator)



## LET'S LISTEN TO SOME ROCK N'ROLL

**Wednesday, July 6th, 10:00 AM**

Come listen and have some fun with the Music of the 50's and 60's. Stephen Armstrong will be our host for the celebration of our youth! He spoke to us on June 14 and we all had a great conversation!

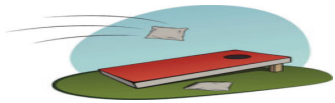
This time we will be hearing those songs and groups we talked about. This event is sponsored by SYNERGY HomeCare and Candlewood Valley Health and Rehab. Put on your smile and please join us! To sign up, please connect with the Senior Center.

## TECH SAVVY SENIORS

**Thursdays, July 7th, 21st, and 28th; Aug 4th, 11th, and 25th; and Sept 1st and 8th, 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. To sign up, please connect with the Senior Center.



## CORNHOLE WITH A COP

**Friday, July 15th, 1:00 PM  
(Rain Date: Tues, July 19th)**

The challenge is on! Join us as we welcome some of New Milford's very own from the NM Police Department for an afternoon of friendly competition over the game of cornhole. No experience necessary, or just come to cheer everyone on! To sign up, please connect with the Senior Center and many thanks to our own NMPD for all they do for our community.



## AARP SMART DRIVER™ COURSE

**Friday, July 29th, 9:00 AM - 1:00 PM  
(Space is Limited)**

The AARP Smart Driver™ Course has given many 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 or mailed to 40 Main St New Milford, CT 06776 will reserve your spot.



## SENIOR PARK PASSES

The warmer weather is upon us and what better way to enjoy your time outdoors than at one of New Milford's little getaways, Lynn Deming Park! Senior Park Passes are on sale at Lynn

Deming Park, located at 134 Candlewood Lake Road North in New Milford. The cost for a Senior Park Pass is \$20 for those 65+ years of age. 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.

The New Milford Senior Center-  
Sponsored by the New Milford Youth Agency

Present

# "SENIOR" PROM

**Friday, July 22 12PM-3PM**

LIVE MUSIC

The Maxx  
94 RAILROAD ST  
NEW MILFORD, CT

BLUESYLAND BAND  
MUSIC OF THE 50'S  
60'S & 70'S

**TICKETS: \$15.00**

**TICKETS ARE ON SALE JULY 1ST- 15TH**

MUSIC DANCING BUFFET LUNCH

## THE GREAT AMERICAN ARMCHAIR ADVENTURE: THE GRAND CANYON

**Thursday, July 28th, 1:00 PM**

Join us for this summer series to virtually explore the wonders that our National Parks have to offer. Each session includes a virtual tour with an accompanying creative project sponsored by our friends at Candlewood Valley Health and Rehab. July will be exploring the Grand Canyon with an acrylic painting project inspired by the landscape of the Grand Canyon, August will be Yellowstone with a "Mandala Dot Technique" project inspired by one of the most popular attractions at Yellowstone, and September will be Yosemite with a handcrafted jewelry project inspired by the terrain of Yosemite. To sign up, please connect with the Senior Center.



## TOP OF THE GREEN BOUTIQUE

The New Milford Senior Center is pleased to announce the opening of our new craft boutique featuring pieces by our own senior community. Currently in the display case is the work of Senior Center Volunteer, Geri Rodda who created stunning scenes made of stones, shells, and other natural products for a collection entitled, "Upcycled". All proceeds from these sales will benefit the NM Senior Enrichment Fund, a newly established fund for our Senior Community to provide financial support for services, uplift, compassion, and scholarship. Stop in and take a peek!

## 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**.

### SENIOR CENTER ARPA FUNDS

The New Milford Senior Center has received ARPA (American Rescue Plan Act) Funds to assist New Milford households who were financially impacted by COVID-19. Applications are available at the Senior Center or in the Senior Center section of the Town of New Milford's website: [www.newmilford.org](http://www.newmilford.org). There is no income limit to applying, however, proof of residency and financial impact are required. Funds can be used for home expenses such as rent or mortgage, utilities, car-related, and other qualified home expenses. Grants are limited. Applications and supporting documentation must be sent to the New Milford Senior Center at 40 Main St New Milford, CT 06776 for review and consultation. For more information, please connect with the Senior Center.



### 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 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](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),

**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 at the beginning of July. 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.



**SNAP benefits can be used at the  
New Milford Farmers Market**

**\$15 in green coins = \$30 fruits and vegetables!**



Look for the New Milford Farmers Market Collaborative tent Saturdays, 9am—noon, June through October on the Town Green. ***Come weekly to double \$15 of your money every time!*** Additional SNAP funds can be used to buy any food products available.

**What the Heck is a Trust?**

*And do you really need one?*



In this program we'll demystify trusts and explain how a trust could help you.

You'll walk away knowing how to use trusts to do things like... avoid probate court, protect your assets from CT's expensive long-term care costs, and provide for a loved one who has special needs.

Even if you already have a trust, attend to learn about updates to CT trust law that may apply to your existing trust.

**When:** Tuesday, July 12 at 1:00 p.m.

**Where:** New Milford Senior Center, 40 Main Street

**RSVP to Janette Ireland, [jireland@newmilford.org](mailto:jireland@newmilford.org) or (860) 355-6075**

**Presented by:  
Attorney Lynda Lee Arnold**



Lynda is a partner at the New Milford-based law firm Czepiga Daly Pope & Perri.

Lynda helps develop customized estate planning strategies for Connecticut residents of all ages and income levels. She is known for her calm demeanor and gentle approach when working with clients. Lynda earned her Juris Doctorate degree from Pace University School of Law and then went the extra mile to further her knowledge of elder law by earning a Master of Law (LL.M.) degree in Estate Planning and Elder Law.

brought to you by:



New Milford Public Library



**HEALTHY SAVINGS**

**MORE HEALTHY FOOD FOR LESS!  
\$10 OF FRESH PRODUCE EACH WEEK  
at your local participating grocery store  
No minimum purchase or match required!**

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

**SIGN UP TODAY at [prosperikey.org](http://prosperikey.org)**

**QUESTIONS? [healthysavings@uwwesternct.org](mailto:healthysavings@uwwesternct.org) or call Katy Francis 860-354-8800**

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.

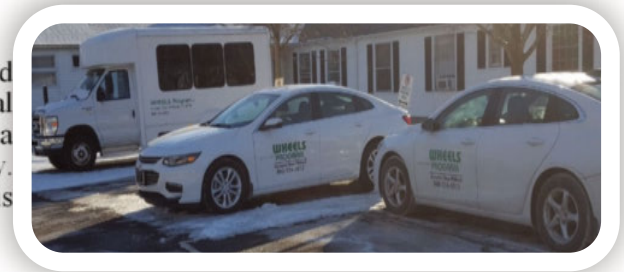
**MASKS STILL ENCOURAGED**

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](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!**





**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**

**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, July 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.



**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.



**Fall Prevention & Intervention!**

**Where and When?**

- New Milford Senior Center
- Friday, July 15th @ 1 pm



Come Join Sacred Heart University Physical Therapy Students (Angelica, Kyle, Kate, and Casey) for a few hours of fun and learning centered around reducing the risk of falls!

**Tips**

Wear comfortable clothes, as you will be moving and active!

**What will take place?**

1. Brief Introduction talk on why falls are such an important topic
2. Individual screening tests to assess your current abilities and risk of falls.
3. Exercise recommendations based on your individual screening results!
4. Brief wrap-up and Q&A.
5. Open social hangout time! Come talk to Angelica, Casey, Kate, and Kyle about anything!

Light, healthy refreshments will be available at the conclusion of the program during the social time!!!!!!

**\*NEW\* SOUND HEALING WORKSHOP**

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

Do you want to explore sound as a way to improve health? Learn how sound can reduce stress and help you relax! Join us as we welcome Barbara (Bobbi) Soares of Hummingbird Sound Yoga and experience Hummingbird's medicine that teaches you to listen and be deeply in the present moment. Space is limited and no experience is necessary. Sign up to "be sound" by connecting with the Senior Center.



**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](http://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, July 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.



**\*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, July 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 JUNE BIRTHDAYS**

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

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



### LISA BOWMAN

Associate Broker | SRES®

C. 203.733.7638 | O. 860.354.4111

[lisa@lisabowmanre.com](mailto:lisa@lisabowmanre.com) | [bowmanpropertiesllc.com](http://bowmanpropertiesllc.com)

Lic#: REB0791451

375 Danbury Rd. | New Milford, CT 06776



**COLDWELL BANKER  
REALTY**

Owned by a subsidiary of Realty Brokerage Group LLC.

We provide the **highest quality** of medical & surgical eye care.



**Formerly Danbury Eye  
Physicians & Surgeons**

*Clearly the Right Choice*

69 Sand Pit Road • Danbury, CT

120 Park Lane, Suite B-203 • New Milford, CT

166 Waterbury Road, Suite 201 • Prospect, CT

**203-791-2020 | [www.ctyeve2020.com](http://www.ctyeve2020.com)**

Complete Eye Exams • Cataract Surgery • LASIK • Corneal Transplants • Glaucoma Treatments  
Retina Surgery • Eye Muscle Surgery • Optical Shop • Emergency Treatment • Hearing Specialist



## National Parks

E G R T T Y R O C K Y R A Y W C B I  
 E L C I B I S C A Y N E C A V E A L  
 O A R A O C S P I N N A C L E S D A  
 F C R E N S I L C S Z I O N K Z L N  
 F I M I M Y N P H R P G R A N D A E  
 O E R O M O O E M W M S L S M E N D  
 R R K A Y O N N U Y Y G R S V O D D  
 E Y R N I A U L L O L U D E E R S E  
 S Y A O N N R N S A E O U D A A E I  
 T C I D M E I E T G N B N A R U H F  
 E A O V D M M E A A G D E C C G T I  
 A A Y W E I A Y R S I F S S H A O R  
 H A O S T C O D E M H N M A E S M T  
 E O A E A V S Q V E R D E C S D M E  
 D A T D N D U N D K A T M A I J A P  
 A O I O C O N G A R E E R D X R M Q  
 N A E T I O E E V E R G L A D E S E  
 S R V A N G Y E L L O W S T O N E E

### Word List:

ACADIA  
 CANYONLANDS  
 GLACIER  
 REDWOOD  
 VOYAGEURS  
 ROCKY  
 CASCADES  
 MAMMOTH  
 DUNES

ARCHES  
 CONGAREE  
 KATMAI  
 SAGUARO  
 YELLOWSTONE  
 MOUNTAIN  
 RAINIER  
 CAVE  
 SMOKY

BADLANDS  
 DENALI  
 OLYMPIC  
 SEQUOIA  
 YOSEMITE  
 PETRIFIED  
 MESA  
 GRAND  
 TETON

BISCAYNE  
 EVERGLADES  
 PINNACLES  
 SHENANDOAH  
 ZION  
 FOREST  
 VERDE  
 CANYON

## 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\* RED, WHITE, AND BLUE SPECIAL BINGO



**Tuesday, July 5th, 1:00 PM**

Join for an afternoon of Special Bingo to celebrate the 4th of July sponsored by our friends at Candlewood Valley Health & Rehab! To sign up, please connect with the Senior Center and hope you join us for lunch, too!

## \*NEW\* ARTS AND CRAFTS: BEEHIVES



**Wed, July 20th, 10:00 AM**

What's all the BUZZ at the New Milford Senior Center?! Our fabulous volunteer crafters will guide us through the making of an adorable BEE HIVE. BEE ready to get creative and have fun! All materials and supplies will be provided. To sign up, please connect with the Senior Center as space is limited.

## MANY NEW THINGS IN THE MONTH OF JULY! | 13



## PAINT, SIP, AND REPEAT!

**Thursday, July 14th,  
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 birdy 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.

## WHAT'S HAPPENING: CURRENT EVENTS AND CONVERSATION



**Thursdays, July 14th**

**and July 28th, 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, July 14th, 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.

## Serving All Cemeteries and Faiths, Since 1846

Markers, Monuments, Mausoleums, Bronze Plaques, Inscriptions, Cleaning,  
Pet Markers, Civil, Community and War Memorials, Pre-Need Monuments & More

*Vicky Godfrey*

51 Grove Street, New Milford, CT 06776

39 South Street, Danbury, CT 06810

O: 860-355-8285 F: 860-355-9491

Email: [vicky@ctmonumentgroup.com](mailto:vicky@ctmonumentgroup.com)

[www.CTMonumentGroup.com](http://www.CTMonumentGroup.com)



## One Campus, One Decision.

Our complete continuum of care allows us to meet all of your loved one's needs.

Independent & Assisted Living,  
Nursing and Short Term  
Rehabilitation, multiple Memory  
and Specialty Care Options.  
On campus YMCA, Physical  
Therapy and Pharmacy.



Schedule a consultation today! Call us at 860.824.2625  
or email Deb Pelletier at [dpelletier@geercare.org](mailto:dpelletier@geercare.org)

77 - 99 S. Canaan Rd., Canaan, CT 06018  
[www.geercare.org](http://www.geercare.org) • 860.824.2600



Over 300 bulk items sold by weight

Coffee beans freshly roasted in store

43 Main Street, New Milford

(next to Domino's)

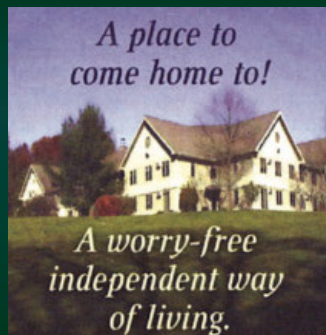
860-799-0100 | [www.bdprovisions.com](http://www.bdprovisions.com)

Stop in and ask for a sample from  
one of our hundreds of bins!

## Chestnut Grove

Congregate Living for Retirement Years

- Dinner served daily
- Emergency call system
- Weekly housekeeping
- Full program of activities
  - Library
  - Local Transportation
- On-site, live-in superintendent
- Minutes from New Milford Hospital



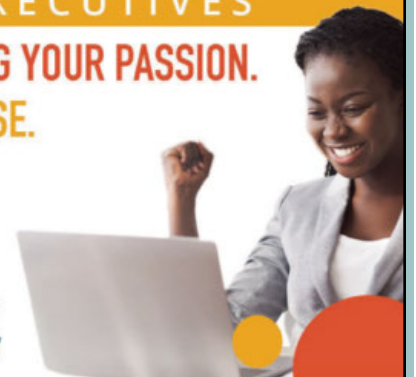
200 Chestnut Grove | New Milford, CT 06776  
860-350-9950 | [lgaudenzi@demarcom.com](mailto:lgaudenzi@demarcom.com)

## WE'RE HIRING

AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION.  
WORK WITH PURPOSE.

- Paid Training
- Some Travel
- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community



Contact us at [careers@4lpi.com](mailto:careers@4lpi.com)  
[www.4lpi.com/careers](http://www.4lpi.com/careers)





# 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

## JULY 2022 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4 <b>INDEPENDENCE DAY</b> Senior Center Closed	*Independence Day Special* 5 <ul style="list-style-type: none"> <li>Hot Dog on a Bun</li> <li>Coleslaw</li> <li>Ice Cream</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> </ul>	6 <ul style="list-style-type: none"> <li>Chicken Veggie Pasta Salad</li> <li>Bread</li> <li>Oatmeal Cookie</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> </ul>	7 <ul style="list-style-type: none"> <li>Tuna Sandwich</li> <li>Lettuce and Tomato</li> <li>Vegetable Soup</li> <li>Jell-O with Fruit</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> </ul>
11 <ul style="list-style-type: none"> <li>Open-Faced Pork Cutlet Sandwich</li> <li>Mashed Potatoes</li> <li>Green Beans</li> <li>Pudding</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> </ul>	12 <ul style="list-style-type: none"> <li>Chicken Cacciatore</li> <li>Onions, Mushrooms, and Peppers</li> <li>Pasta</li> <li>Garlic Bread</li> <li>Fresh Fruit</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> </ul>	13 <ul style="list-style-type: none"> <li>Hamburger with Bun</li> <li>Lettuce and Tomato</li> <li>Cucumber Salad</li> <li>Parfait</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> </ul>	14 <ul style="list-style-type: none"> <li>"Beyond Beef" Veggie Chili</li> <li>Rice</li> <li>Bread</li> <li>Chocolate Chip Cookie</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> </ul>
18 <ul style="list-style-type: none"> <li>Ham and Cheese Sandwich</li> <li>Lettuce and Tomato</li> <li>Potato Salad</li> <li>Pudding</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> </ul>	*Happy July Birthdays* 19 <ul style="list-style-type: none"> <li>Roast Pork Loin</li> <li>Mashed Potatoes</li> <li>Green Beans</li> <li>Bread</li> <li>Birthday Cupcake</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> </ul>	20 <ul style="list-style-type: none"> <li>Baked Ziti</li> <li>Salad</li> <li>Garlic Bread</li> <li>Peanut Butter Cookie</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> </ul>	21 <ul style="list-style-type: none"> <li>Turkey Wrap</li> <li>Lettuce and Tomato</li> <li>Three Bean Salad</li> <li>Apple Sauce</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> </ul>
25 <ul style="list-style-type: none"> <li>Pasta with Meat Sauce</li> <li>Broccoli</li> <li>Garlic Bread</li> <li>Peaches</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> </ul>	26 <ul style="list-style-type: none"> <li>BLT Sandwich</li> <li>Three Bean Salad</li> <li>Oatmeal Cookie</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> </ul>	27 <ul style="list-style-type: none"> <li>Salmon Burger with Bun</li> <li>Lettuce and Tomato</li> <li>Pineapple Coleslaw</li> <li>Fresh Fruit</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> </ul>	28 <ul style="list-style-type: none"> <li>Veggie Quesadilla</li> <li>Rice</li> <li>Jell-O with Fruit</li> <li>Low-Fat Milk</li> <li>Fruit Juice</li> </ul>

LUNCH PREPARED BY



\*PLEASE NOTE THAT DUE TO PRODUCT AVAILABILITY, MENU ITEMS MAY BE SUBJECT TO SUBSTITUTIONS



# Your CBD Store®

**New Milford**

5 Church St.

860-799-7871

[www.yourcbdstorect.com](http://www.yourcbdstorect.com)

**Danbury**

52 Padanaram Rd.

203-826-7560

Enjoy CBD Oils, Water Solubles, Edibles, Topical Creams, Pet Products, Skin Care, Delta-8 and More!



Featuring Our Water Soluble  
High Bioavailability and Fast Absorption so you can

*Start your day the right way!*

Stop in for a FREE sample!



## CRAMER & ANDERSON LLP

Attorneys at Law

*Protecting Seniors' Assets & Rights*

*Our Experienced Estate Planning and Elder Law Departments are ready to assist you with your Estate Tax Planning and Elder Law Needs*

Wills • Health Care Proxy • HIPAA Waivers • Living Trusts • Estate Planning  
Title 19 • Conservatorships • Probate • Asset Protection

Arthur C. Weinshank, Esq. • Dolores R. Schiesel, Esq. • Joshua A. Weinshank, Esq. • Neal D. White, Esq.

New Milford (860) 355-2631 | Danbury (203) 744-1234 | Washington (860) 868-0527

Litchfield (860) 567-8718 | Kent (860) 927-3568 | Ridgefield (203) 403-4005 | [www.cramer-anderson.com](http://www.cramer-anderson.com)



## Geron Nursing & Geron Home Care

*Specializing in the Care of the Older Person  
The Professional Home Care Solution for your Health!*

**Full Nursing & Personalized Care Services  
With Respect, Dignity & Compassion**

In the comfort of your own home:

**RN's • LPN's • CNAs**

**Personal Care Attendants**

42 Main Street | New Milford, CT | (860) 354-7698



Fully bonded, registered and insured.

[geronhomecare.com](http://geronhomecare.com)



discover

NEW  
MILFORD  
SENIOR  
CENTER

PRSTD STD  
U.S. POSTAGE  
PAID  
PERMIT 14  
NEW MILFORD,  
CONNECTICUT

**New Milford Senior Center**  
40 Main Street  
New Milford, CT 06776

# Lillis Funeral Home

*Family Owned and Operated Since 1928*  
*"On the Village Green"*

**Christopher M. Milano**

*Director*

- Pre-Arrangement Consultations
- Complete Burial and Cremation Services
- Title XIX Funeral Trusts
- State Approved Contracts

58 Bridge Street / P.O. Box 959 / New Milford, CT. 06776 • 860-354-4655 • Fax 860-354-0085

## NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at

[www.mycommunityonline.com](http://www.mycommunityonline.com)

