

Volume 26  
Issue 1  
January February  
2026

**The New Sun Times**

## **New Fairfield Senior Center Newsletter**

### **HAPPY NEW YEAR!**

This seems like a good time to tell you about the Friends of the New Fairfield Senior Center. I think of that organization as the wind beneath our wings. For years it has been supporting us through the many fundraising events.

#### **Did you know?**

- The majority of the furniture and equipment at the Senior Center was purchased by the Friends of the New Fairfield Senior Center.
- The Friends of the New Fairfield Senior Center pay for part or all of many of the Senior Center events.
- You do not have to be a senior to join the Friends or to live in New Fairfield.

The Friends seek new members of all ages and from all places. They welcome fresh ideas for their projects and fundraising events. Meetings are held on the third Wednesday of the month at the Senior Center.



Kathy and Doug took to the dance floor at the Holiday party

### *How we celebrated the Holidays*



We knew we could do it and we had so much fun putting together our Do-It-Yourself Charcuterie platters



Martha and Gemma trimmed the tree



We took a step back in time with Christmas by Candlelight at Sturbridge Village



## AARP Tax-Aide begins in February

AARP Foundation Tax-Aide provides tax assistance to anyone, free of charge, with a focus on taxpayers who are over 50 and have low to moderate income. **You don't need to be an AARP member to use the service.**

Volunteers are IRS-certified every year, so they understand the latest changes and additions to the tax code. Paul Donnelly has organized the team that will deliver these services at the New Fairfield Senior Center every Monday beginning in February.

Call 203 312-5665 to or stop in the Senior Center to schedule an appointment. Before making an appointment, please collect all necessary tax documents for your situation (W2s, 1099 forms, brokerage statements, etc).

For a list of what to bring to your appointment, visit:

<https://www.aarp.org/money/taxes/important-tax-documents/>

### What is the Connecticut Energy Assistance Program (CEAP)?

The Connecticut Energy Assistance Program (CEAP) helps residents pay for their home heating costs. Applications typically take 30-45 minutes to complete.

- **Benefit amounts:** \$295-\$645 for the 2025-2026 season, based on household size, income, and heating source.

**Payment process:** Benefits are usually paid directly to your utility company or fuel vendor.

**Deadline:** The last day to apply for benefits is May 29, 2026. Applications sent by mail must be post-marked by this date.

For more information, call your Social Services office at 203 312-5669

### January Movies

**“About Schmidt”:** January 2, Warren Schmidt, a quiet ex-insurance actuary, is unhappily married to Helen and brooding over the forthcoming wedding of his daughter Jeannie to Randall Hertz. When Helen suddenly dies and he finds love letters to her from his best friend, he is inspired to try and stop the wedding, but standing in his way is Randall's feisty mother, and slowly, he realizes he must make the most of his remaining life.

**“Eleanor the Great”:** January 9, After the death of her oldest friend, 94-year-old Eleanor Morgenstein moves from Florida to New York City for a fresh start. Wandering into a support group for Holocaust survivors, she tells a tale that takes on a dangerous life of its own.

**“About My Father”:** January 16, A man's fiancée encourages him and his father to spend the weekend with her wealthy and exceedingly eccentric family. The gathering soon develops into a cultural clash, allowing father and son to discover the true meaning of family.

**“Thelma”:** January 23 Thelma Post is a 93-year-old grandmother who loses \$10,000 to a con artist on the phone. With help from a friend and his motorized scooter, she soon embarks on a treacherous journey across Los Angeles to reclaim what was taken from her.

**“As Good As It Gets”:** January 30, Melvin Udall (Jack Nicholson) is an obsessive-compulsive writer of romantic fiction who's rude to everyone he meets, including his gay neighbor Simon (Greg Kinnear), but when he has to look after Simon's dog, he begins to soften and, if still not completely over his problems, finds he can conduct a relationship with the only waitress (Helen Hunt) at the local diner who'll serve him.

### Some regularly scheduled programs:

**Wheel of Fortune:** *Mondays other than 1st Monday at 1:00* You can play either in person or via zoom.

**Technology Assistance:** *Tuesdays and Wednesdays, 1:00 pm* James offers assistance with any of your devices. Contact us to schedule your free appointment.

**Stitch by Stitch Quilting:** *Tuesdays & Fridays at 10:00*

**Investment Club** – *Tuesdays 1:30 pm*

Meet weekly in the Community Room to share money lessons and tips on stocks and portfolios.

**Women's Pool:** *Tuesdays 12:00 – 2:00*

**Men's Pool:** *Tuesdays at 2:00 – 4:00*

These groups get together every week to play pool. No experience necessary.

**Art Class:** *Wednesdays or Thursdays at 10:00*

Dominick Tomanelli, a gifted artist in many mediums, leads this weekly class. \$35 for a 6 week session.

**Sit n Stitch:** *Wednesdays at 10:00*

Novice to experienced knitters are welcome! If you need help, there is always someone to offer it.

**Cards and Games:** *at 1:00* This is a great time to put a group together to play your favorite game.

**Blood Pressure Screening:** *Wednesdays & Thursdays at 9:00-12:00*

**French Conversation Class:** *Thursdays 9:00 am*

This casual class with Claire Tuffereau is for those who have a basic knowledge of French and want to keep that alive, \$30 for a 6- week session

**Cornhole:** *Mondays & Thursdays at 3:00*

Show your cornhole skills and have some fun. Show up and join a team.

**Spanish:** *Every Friday at 9:00 am* Tatiana makes learning Basic Spanish a fun activity. Sign up for free.

**“Free Dance”:** *Fridays at 11:00 am* Tatiana is back to lead us in an enjoyable way of movement.

**Crafts:** *Fridays at 1:00* This group gets together every week to work on crafts for the craft fair.

### EXERCISE AT THE SENIOR CENTER

**Zumba:** *Mondays or Wednesdays at 9:30am* Zumba is the type of exercise you'll want to do every day and feel good about! Six week session with Coleen Krempel is \$30

**Bodies in Motion:** *Mon., Wed. and Thurs. at 11:00* Easy-to-follow free class with up-beat music led by seniors.

**Tai Chi/qigong:** *Tuesdays at 10:00*

Improved stress reduction, balance, and agility is the focus of Tai Chi. Led by Dee Calvey. Six-week session is \$30

**Chair Yoga:** *Fridays beginning January 23 at 1:00* Yoga classes weekly led by instructor Beverly Steiger. Six week session is \$30

**Movers and Shapers:** *Thursday, 9:30 am* One-hour variety of exercises designed to increase strength, endurance, and range of movement. Led by certified instructor Coleen Krempel, a six-week session is \$30

**Sittercise:** *Wednesdays at 12:30* Sittercise is a free 45-minute exercise program designed for use with all levels of ability including the physically challenged. Led by Eileen Walther

**After Hours Yoga:** *Wednesdays at 5:15* Yoga classes weekly with instructor Toni Maconi. Six week session is \$30.00.

**Moderate Yoga:** *Tuesdays at 9:00* with Toni Maconi, *Fridays at 10:00* led by instructor Beverly Steiger. This 6 week session is \$30.



***Some Highlights of Our Center Programs and Activities***  
***Come in for a calendar or visit <http://www.newfairfieldseniorcenter.org>***

**Garden Club:** *Friday, January 2 at 10:00 am*

Garden Club members meet the first Friday of every month. New-comers are welcome. Odd months we meet at the Senior Center, even months we meet at Putnam Diner.

**Caregivers Support Group** – *Saturday, January 3 10:00 am*

Maureen Salerno, LCSW, is offering a session at the Center once a month for caregivers who need support and information. This group is for any family member or friend who cares for a loved one, whether the limitation is due to an illness, an injury, dementia or something else.

**Hot Dog Bingo:** *Monday, January 5 at 1:00* \$6 covers both 1<sup>st</sup> Bingo card and refreshments. Additional cards are \$1.00 each. Please, adults only. Come for fun.

**Men's Breakfast Club** *Tuesday, January 6, 8:30 am*

Enjoy some hot catered breakfast foods. Donations are kindly requested to offset the cost of breakfast.

**\*Walking Club:**

*January 6 at 9:30: Richter Park, Danbury*

*January 13 at 10:30 Walking Club Meeting*

The rest of the weeks in January and February we will play it by ear and walk locally if the weather permits. Alternatively, we can walk indoors with a walking video.

**Craft with Danielle** – *Tuesday January 6, 1:30 pm*

Danielle Ramos of Bethel Health Care and the Cascades will bring everything you need for a DIY White Button Tree. Sign up to be sure she can bring enough.

**Bronx Club:** *Wednesday, January 7 at 11:00*

We will share memories and experiences and meet other "Bronx Transplants". We may live in Connecticut now, but our hearts will always be in the Bronx!

**Prayers for Peace:** *Wednesday, January 7 at 3:00*

People of all faiths are welcome to join us to share prayers and inspirational writings for both inner peace and world peace. Participants can bring a prayer or quote of their choosing. Hosted by Susan and Michael Dutton.

**COA Listening Session:** *Thursday, January 8 at 10:00am*

Members of the Commission on Aging will be here to meet you and hear your concerns.

**\*Lunch and Learn: Seniors Helping Seniors:** *Tuesday, January 13 at 12:00* Learn about the services of Seniors Helping Seniors and how you might use your caring skills to make money with flexible hours.

**\*Origami with Dirk:** *Tuesday, January 13 at 1:00* Dirk Fernandez will be here to lead a class in Origami. Everyone will be making their own Origami woven heart project that they can bring home to enjoy. All materials will be supplied.

**Parkinson's Parkinson's Awareness:** *Wednesday, January 14 at 2:00*

Come learn all about Parkinson's plus syndromes, early symptoms and detection, treatment and what non-medication therapy programs exist in the community (ie Rock steady boxing, BIG/LOUD programs, etc.)

**Disco Party:** *Tuesday, January 20 at 1:00*

Don't miss the biggest dance party of the year! Break up your winter boredom and come dressed in your favorite bell bottoms, fringed vest, maxi dress or even a jumpsuit. Cowboy will be here to DJ our favorite Disco tunes. Delicious refreshments will be enjoyed by all. \$10 is all you need to register.

**Dangers of a Silent UTI:** *Thursday, January 22 at 1:00*

**Jen from Autumn Lake at Glenhill** will be here to talk about the Dangers of a Silent UTI. Did you know that a urinary tract infection (UTI) can cause serious complications—especially when symptoms go unnoticed? Join us for an informative session to learn how to spot the warning signs, prevent infection, and protect your health.

**Foot Reflexology Appointments** with *Eileen Byrnes:* *Tuesdays, January 6 and 27 at 9:00* Reflexology reduces stress, promotes relaxation, improves circulation of oxygen and nutrients, also detoxifies and cleanses the body. Eileen Byrnes, nationally certified reflexologist, provides one-on-one therapy appointments twice a month. Since this is partly funded by the Friends of the NFSC, you may sign up for a 30-minute appt. for only \$25.

**Intuitive Readings:** *Monday, January 12 at 1:00*

Intuitive readings are sessions where a professional reader will read your energy vibrations. . These people can sense what is going on in your life. Based on the issues they will work with you to empower you. Sign up for your 15 minutes with Courtney Stark for \$15.00.

**NEW Dynamic Energy Healing:** *Monday, January 26 at 1:00* Dynamic Energy helps reduce stress, promote relaxation, and restore physical, mental and emotional health through simple hands-on healing techniques very similar to Reiki but a bit more intense. \$40 for 30 minutes.

**Red Hat Luncheon :** *Tuesday, January 27 at 1:00*

**Women's Book Club:** *Thursday, January 29 at 11:00*

We will be reading "The Last House on the Street" by Diane Chamberlain. There is a monthly fee of \$4.

**The Grand Central Terminal History**

*Thursday, January 15 at 1:00 pm* Arthur N. Gottlieb, LCSW, CSA Presents: GRAND CENTRAL TERMINAL  
Sponsored by Synergy Home Care.

Bisecting Manhattan's Park Avenue and boasting 44 train platforms on two levels, this recently restored Beaux Arts masterpiece has remained one of New York's most famous transportation landmarks since its building in 1913.

Experience Grand Central as more than just a train station, learn about its beginnings and the celebrated restoration that began in the early 1990's and was largely completed by 1998. . Registration is required, spaces are limited.



# TRIPS

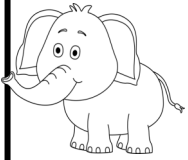
For complete details, stop in for a flyer or download one from our website:

<http://www.newfairfieldseniorcenter.org/trips>

**Your check made out to N.F.S.C. is your reservation for day trips**

Please note that your check holds your spot and that our buses are loaded based on the date that you register with your check. We are required to give a final count 4-6 weeks in advance and cannot give you a refund after that time unless another traveler takes your place. If the trip has filled and we have a waiting list, we will attempt to fill your spot and have you reimbursed.

Visit the [Trip page](#) on our website to see more



# It's Back!!

# The Annual White Elephant Auction

Besides being entertaining, this live in-person auction is an important fundraiser for the Friends of the Senior Center

This is not a gift exchange. We will accept unused or gently used items beginning February 4th. Then on Saturday, February 21 you can bid, laugh and compete in a fun and friendly atmosphere to win the item you love.

This year, we've scheduled the auction for a Saturday so you can invite your families and friends. Spread the word!

Refreshments will be available.

Cash and checks will be accepted for items at the auction..



**Thanks and good luck to our very, very dear  
Program Coordinator Janet Capozzola**

Janet has decided that it's time to devote herself to her health and her family. How very fortunate we have been to have someone as creative, spirited, caring and zany at our Senior Center. There is no other like her. Personally, I feel that I was given an amazing gift being able to work with Janet.

We will gather all your good wishes and send them to her.

New Fairfield Senior Center

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

Things are always changing at the Senior Center. Stay up to date at  
our website:

<https://www.newfairfieldseniorcenter.org/>

Are you getting the New Fairfield Emergency Alerts? If not, please let us  
know and we will arrange for help.