

Volume 26
Issue 2
March April
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The New Sun Times

New Fairfield Senior Center Newsletter

From the Desk of Director Kathy Hull:

One of the goals in the mission statement of the New Fairfield Senior Center is to counter ageism by promoting age-friendliness throughout the community. To that end we organize intergenerational activities throughout the year, coordinate a senior volunteer program with New Fairfield schools, and provide opportunities for students of higher education to do their field study at our Senior Center.

This spring, you will see many young people spending time learning at our Senior Center: Nursing and Social Work students from Western CT State University, New Fairfield High School students engaging in their Senior Enrichment Experience before graduation, and more. We encourage you to warmly welcome them and take a few moments to interact.

Please don't hesitate to share your stories, experiences, and wisdom. You have a lifetime of memories and knowledge that can truly make a difference. Let's make this a meaningful and enriching experience for everyone involved.



Marty with
WCSU Nursing student Justin.



Salem, Addie and Janis say
thank you to the second grade
Girl Scout Troop 50416 who
made Valentines for us.

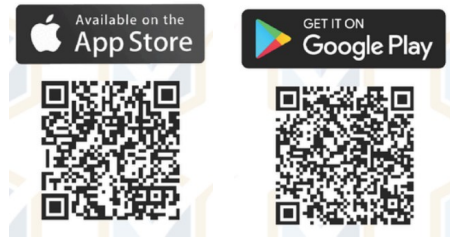


WCSU Nursing student Kallie joins
our Movers and Shapers Class.

Senior Medicare Patrol's Medicare Tracker App - Avoid Fraud

Have you heard about the Medicare Tracker App? It's the Senior Medicare Patrol's mobile app that empowers you to prevent health care fraud. Use it to recognize fraud schemes and to report fraud if, for instance, you are concerned about charges on your Medicare statement. Use the digital My Health Care Tracker to track what happens at medical appointments to help prevent fraud, errors, and abuse.

Use the QR Code to download the app or visit <https://smpresource.org/news/>



Another way to learn about the latest frauds and scams is to join Jenn Hudson for her Scam Patrol on Tuesday, March 24, at 12:00 here at the Senior Center

Financial Literacy and Fraud Awareness: Monday, March 30 at 1:00
Join a Money Mentor from M&T Bank to learn more about this topic.

Market Update with Luks Realty: Monday, March 19 at 1:00
The team from Luks Realty will be back with a market update. Take advantage of their extensive knowledge during this presentation with plenty of time for discussion.

Advice for Spring from the Western CT Area Agency on Aging:

Aging well is about embracing small habits that add up to big benefits—whether it's savoring a fresh apple from March Farm, hiking the trails of Lovers Leap State Park, or laughing with friends at a senior center event. In Western Connecticut, our vibrant communities and natural beauty make it easy to live with purpose and joy. Even one small step—like taking a daily walk or joining a book club—can spark a brighter, healthier chapter. What will you try this week?

Movies: Fridays at 1:00 **Relax with friends and snacks**

“My Big Fat Greek Wedding”: March 6,

This romantic comedy follows a young Greek-American woman who falls in love with a non-Greek man and struggles to get her family to accept him, while coming to terms with her heritage and cultural identity.

“Argo”: March 13, American historical political espionage drama thriller film about the rescue of six U.S. diplomats from Tehran, Iran, under the guise of filming a science-fiction film during the 1979–81 Iran hostage crisis.

“The Bird Cage”: March 20,

In this classic comedy, a gay cabaret owner and his drag queen companion agree to put up a false straight front so that their son can introduce them to his fiancée's right-wing, conservative parents.

“The Illusionist”: March 27, In turn-of-the-century Vienna, a magician uses his abilities to secure the love of a woman far above his social standing.



Some regularly scheduled programs:

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

Technology Assistance: *Tuesdays and Wednesdays, 1:00 pm* James offers assistance with many 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 shared with like-minded individuals.

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 Form 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.

This is a good time to purchase their items at the Sunshine Boutique for holiday gift giving.

** SOME SPECIAL PROGRAMS **

Adaptive Equipment and Home Modification: *Wednesday, March 4 at 1:30* Synergy Home Care is proud to sponsor Stacey McIvor, Occupational Therapist from Restore Mobile Therapy. Stacey will be presenting adaptive equipment and home modifications to help you age in place. Stacey will share a variety of solutions on how to maintain your independence as you age. She will also discuss simple tips and tricks for reducing your risk of falls.

Lunch and Learn Housing Options: *Thursday, March 26 at 12:30* Sign up to enjoy a delicious lunch while learning about housing options. Jonathan Rivera from The Village at Brookfield Commons, Danielle Ramos from Bethel Health Care, Josh Sevell from TLC Senior Living Services and Peter Crossett from Synergy Home Care will be our presenters.

Magical Mystery Paint and Sip Party

Thursday, April 9th at 5:30 pm

Connect with your creative side at our BYOB Paint and Sip Party. All we can tell you is that your mystery painting will have a garden theme. We provide all the paint supplies, the appetizers and the light drinks. You bring the fun. Roll up for the magical mystery tour. Sign up begins now and spaces are limited. Sign up at the desk for only \$25.



Laughter is the Best Medicine

Tuesday, April 28 at 1:30

A fun 60 minute show for seniors. Robert Rivest includes humorous stories from his childhood, classic mime skits, and comic improvisation taken from audience suggestions. Robert also shares some insightful tips on using breathing, movement, and laughter, as a way to cultivate more happiness and joy in our lives. Cosponsored by the New Fairfield Senior Center and Synergy Home Care. SIGN UP REQUIRED!

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

Men's Breakfast Club *Tuesday, March 3, 8:30 am*
 Enjoy some hot catered breakfast foods. Donations are kindly requested to offset the cost of breakfast.

Crafts with Danielle: *Monday, March 9 at 1:30*
 Danielle Ramos from Bethel Health Care will be here to help you with a pressed flower creation. Sign up required.

Bronx Club: *Wednesday, March 4 at 11:00*
 We will share memories and experiences and meet other "Bronx Transplants".

Serenity Circle: *Wednesday, March 4 at 3:00*
 People of all faiths are welcome to join to share prayers and inspirational writings for both inner peace and world peace. Bring a prayer or quote of your own or choose there from available books with writings encompassing many themes. Hosted by Susan and Michael Dutton.

Garden Club: *Friday, March 6 at 10:00 am*
 Garden Club members meet the first Friday of every month. Newcomers are welcome. Odd months we meet at the Senior Center, even months we meet at Putnam Diner

***Tax Aide:** *Mondays 9:00-1:00* An appointment is necessary and can be made by calling 312-5665. Remember to bring identification, your prior 2024 Federal and CT income tax returns and all 2025 income reports.

***Walking Club:** *March 10 at 10:30 Meeting.*
All other Tuesdays meet at 9:30 for a walk. In extreme weather we may meet inside for a walking video.

***Origami with Dirk:** *Tuesday, March 10 at 1:00* Dirk Fernandez will be here to lead a class in Origami. Everyone will be making their own Origami leprechaun that they can bring home to enjoy. All materials will be supplied.

The Price Is Right is Back!– *Wednesday, March 12, 1:00*
 Join Kayla from Ridgecrest at Meadow Ridge for another round of an old favorite. You know how it works. Kayla brings the items that you guess the price of. Closest guess wins the item. Make sure you sign up for the fun!

***Cooking with Puti:** *Friday, March 13 at 12:00*
 Puti Malavenda is coming back to warm our heart with her recipe for Roasted Sweet Potatoes and Sausage. Sign up and join us. **Tasting** is available.

Friends of the Senior Center Meeting – *Wednesday, March 18, 4:00* The Friends are always looking to welcome new members and fresh ideas for their projects and fundraising. *Meetings are open to all prospective members. Please join us!*

***Intuitive Readings:** *Back in April*
 Intuitive readings are sessions with a professional who will read your energy vibrations. Make an appointment for your 15 minutes with Courtney Stark for \$15.00.

***Foot Reflexology Appointments with Eileen Byrnes:** *Tuesdays, March 3 and March 31 at 9:00* Reflexology reduces stress, promotes relaxation, improves circulation and detoxifies and cleanses the body. Eileen Byrnes, nationally certified reflexologist, provides MONTHLY one-on-one therapy appointments. Since this is partly funded by the Friends of the NFSC, you may sign up for a 30-minute appt. for only \$25.

Red Hat Luncheon : *Tuesday, March 31 at 1:00*
The Sunshine Rambling Roses is the only New Fairfield officially registered chapter of the Red Hat Society. Join us at our next monthly luncheon at John's Best, signup required.

***Women's Book Club:** *Thursday, March 26 at 11:00*
 We will be reading "The Seven Husbands of Evelyn Hugo" by Taylor Jenkins Reid. The monthly fee is \$4.

Financial Literacy and Fraud Awareness: *Monday, March 30 at 1:00* Join a Money Mentor from M&T Bank to learn more about this topic.

AAA Defensive Driving Class *Monday, March 30, 9-1:00* Brush up on your driving skills and be eligible for a nice discount on your auto insurance.

EXERCISE

Zumba: *Mondays or Wednesdays at 9:30am*

Zumba is the type of aerobic exercise you'll want to do every day and feel good about! Six week session is \$30

Bodies in Motion: *Monday, Wednesday and Thursday at 11:00*

Easy-to-follow free class in a friendly atmosphere with up-beat music.

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

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

Chair Yoga: *Fridays at 1:00* Yoga classes weekly. 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 Toni Maconi.

Six week session is \$30.00.

Moderate Yoga: *Tuesdays at 9:00* with Toni Maconi, *Fridays at 10:00 and 1:00* with Beverly Steiger

This 6 week session is \$30.

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 the trip is full and 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.

ALL TRIPS DEPART FROM THE UPPER PARKING LOT

The Culinary Institute of America

Thursday, April 9, 2026

Full course luncheon at the Caterina de Medici Restaurant, with truly authentic Italian cuisine prepared by CIA students under the instruction of world-class faculty.

Go behind the scenes of the CIA. Participate in an interactive demonstration where you'll explore the science of taste.

Cost: \$128 Depart: 10:00 am Est. Return : 5:30



THE NEW YORK BEE GEES

The Ultimate Tribute at the Aqua Turf

Thursday, May 14, 2026

All the classic 70's disco hits!

**Coffee & Donuts on arrival
Family Style Luncheon**

Cost: \$142

Depart: 10:00 am

Est. Return: 5:00 pm

Frick Collection and Carmine's Upper West Side

Tuesday, June 16, 2026

The Frick Collection - a premier art museum on the upper East Side - has reopened after an expansive renovation of this 1914 mansion which houses art from the Renaissance to the early 20th century.

Enjoy a Family-style Lunch at the famous Carmine's Upper West Side

Visit Zabar's Gourmet Market

Cost: \$151 Bus departs 7:30 am Est.Return: 6:45 pm



New Fairfield Senior Center

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St. Patrick's Day Social:

Tuesday, March 3rd at 1:00

We will all celebrate with CT's State Troubadour Tom Callanan who will perform Irish Music while we snack on Irish themed appetizers and soda bread washed down with green punch.

The Friends of the Senior Center make it possible to sign up for only \$5.

Stop by the desk to make your reservation before 2/26.

Save the Date!!!

Mother Daughter Tea

Thursday, April 2 at 3:30 pm



Sign up begins March 1st

Call your daughter or the surrogate daughter of your choice and get the Mother Daughter Tea on her calendar.