

Volume 26
Issue 5
September/October
2026

The New Sun Times

New Fairfield Senior Center Newsletter

Saying goodbye to summer is made so much easier when you see what's coming this Fall at the Senior Center but here's a look back:



Our good friend Stanley Britton ("Red") was surrounded by fellow veterans to receive the Town Hero Award

Summer 2026



Maureen took her maiden voyage as Trip Chaperone



Our Float won the 250th Anniversary 4th of July Parade Prize!



Surprise! Cozy Oak Gardens brought free sunflower bouquets for everyone.



Ice Cream
Of course



MEDICARE OPEN ENROLLMENT—we can help

OCTOBER 15– DECEMBER 7

The Medicare Open Enrollment Period, also known as the annual election period – refers to the annual period (October 15 through December 7) during which Medicare plan enrollees can reevaluate their coverage — whether it's Original Medicare with supplemental drug coverage or Medicare Advantage, and make changes if they want to do so.

The CHOICES Program (Connecticut's programs for **H**ealth insurance, **O**utreach, **I**nformation and **E**ligibility Screening) is designated as the official State Health Insurance Program (SHIP) for Connecticut. Funded in large part by the Centers for Medicare and Medicaid Services (CMS) of the Dept. of Health and Human Services, it provides unbiased information and counseling, on Medicare, Medigap, Medicare Managed Care, Medicaid, Medicare Savings Program, and related state & federal programs.

Opportunities:

Wednesday, September 23 at 1:30 CHOICES will be providing our Senior Center with a presentation explaining Open Enrollment and answering all your questions. Please contact us for a seat.

October 26—CHOICES has set aside the day just for our members to get help with there Medicare decisions in one-on-one appointments. Appointments are limited. Call **203 312-5665** soon to schedule yours.

Remember:

- ⇒ If you're thinking about staying in the same Advantage plan, review its network providers.
- ⇒ If you're planning to stick with the same Part D plan, reassess your prescription drug needs and evaluate your options.
- ⇒ Don't assume that the same plan is the best choice for both you and your spouse.

CHOICES—Not Tied to Any Insurance Company/ No Sales/ Local Support

1-800-994-9422

Bereavement Group

Grief is a strong and sometimes overwhelming emotion. For many, what can be most helpful is being with people who understand. You are invited to join the Senior Center bereavement group that will meet once a week for 10 weeks beginning September 9 at 11:00 am. In this warm and friendly gathering facilitated by Sue Peters, you can feel comfortable sharing your feelings and sharing helpful information.

Grief is challenging both emotionally and physically. It is unique for each individual, but there is no need to feel alone.

Call Kathy at 203 312-5665 to become a part of this group. There is no cost.

Movies

September 4: *"The Unbreakable Boy"* A young autistic boy battles a rare disease that makes his bones extremely brittle, making every day tasks dangerous. But his positive outlook and special qualities bring joy and hope to others around him. His family and friends become inspired to live their lives to the fullest..

September 11: *"Captain America: Brave New World"* After meeting with newly elected U.S. President Thaddeus Ross, Sam finds himself in the middle of an international incident. He must discover the reason behind a nefarious global plot before the true mastermind has the entire world seeing red.

September 18: *"Bob Marley: One Love"* Celebrate the life of an icon who inspired generations through his message of love, peace, and unity. In this uplifting film, discover Bob Marley's story of overcoming adversity and the journey behind his revolutionary music that changed the world.

September 25: *"Arthur the King"* Over the course of ten days and 435 miles, an unbreakable bond is forged between pro adventure racer Michael Light and a scrappy street dog companion dubbed Arthur.

October 2: *"The Long Game"* In a segregated Texas, five Mexican American teenage caddies were prohibited from playing at the country club where they worked. Against all odds, they formed their own team, built a one-hole course in the fields, and won the 1957 Texas State championship. Based on a true story.

October 9: *"You Gotta Believe"* After dedicating the season to a teammate's ailing father, a group of underestimated Ft. Worth youth baseball players takes its Cinderella run all the way to the 2002 Little League World Series cultivating in a record-breaking showdown that became an instant ESPN classic.

October 16: *"The Marksman"* Jim is a retired Marine who has been living a lonely life along the southern border between Arizona and Mexico as a rancher.

2026 Flu Clinics

Thursday, September 25, 1-3:00 and Thursday, October 15, 9:00-12:00

Candlewood Drugs will make Flu shots available right here at the Senior Center. Vaccines also available will be Pneumonia, COVID, and RSV. Note: RSV immunization can be given on the same day as the Flu shot but not with the others. **Call 203 312-5665 to register. Bring your insurance card.**

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: *Some 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.

Line Dancing: *Tuesdays at 11:00*

Line dancing is a fun way to get moving to your favorite songs. Join instructor Coleen Kemple for a 6-week session. \$30

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

Caregivers Support Group – Saturday, September 5 at 10:00

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.

Walking Club: Meet to carpool for a walk

September 1 – 9:00 Meet for Bulls Bridge

September 8 – 10:30 Meeting at Senior Center

September 15 – 9:00 Meet for Meckauer Park

September 22 – 9:00 Meet for Putnam Park

September 29 – 9:00 Meet for Fairfield Hills

Men's Breakfast Club; Tuesday, September 1 at 8:30

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

Foot Reflexology Appointments with Eileen Byrnes: Tuesday, September 1 at 9:00 and Tuesday, September 22 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. Since this is partly funded by the Friends of the NFSC, you may sign up for a 30-minute appt. for only \$25.

Crafts with Danielle: Tuesday, September 1 at 1:30

Danielle Ramos from Bethel Health Care will be here to lead the group in making a decorative mini cutting board. Sign up today.

Bronx Club: Wednesday, September 2 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!

Falling into Fall, A Balance Presentation by Encompass Health: Wednesday, September 2 at 1:30

Did you know that improving your balance can help prevent falls and keep you active and independent? Whether you're looking to stay steady on your feet or simply want to learn more about maintaining your health, this presentation is a great opportunity to gain valuable information and ask questions. Pre-Registration Required.

Serenity Circle: Wednesday, September 2 at 3:00

A time for inspiring readings and music, comforting prayers and meditations, and uplifting discussion. Hosted by Susan and Michael Dutton.

Garden Club: Friday, September 4 at 10:00 am

Garden Club members meet every month. Newcomers are welcome. Odd months we meet at the Senior Center, even months we meet at Putnam Diner.

Mini Herb Garden Planter: Friday, September 4 at 10:00

Kay and Jonathan will be here to help us make mini herb planters. All materials will be provided so join us for a fun morning of planting a mini herb garden we can use to spice up our recipes.

Origami with Dirk: Tuesday, September 8 at 1:00

Dirk Fernandez will be here to lead a class in Origami. Everyone will be making their own Origami vase that they can bring home to enjoy. All materials will be supplied

Haircuts with Emily: Thursday, September 10 at 1:00

Hairdresser Emily will be here to give complimentary haircuts to men who preregister.

The Price is Right: Thursday, September 10 at 1:00

Join us for an exciting game of The Price is Right! Contestants will guess the price of an item. The contestant who gives an answer that is closest to the actual price without going over wins that item. Come find out how well you know pricing and have some fun with friends.

Cooking with Puti: Friday, September 11 at 12:00

Enjoy learning and tasting Puti's recipe for Spinach Pesto Spaghetti. She'll share helpful cooking tips, and techniques that you can use at home. Come share a great time with friends! Pre-Registration is required.

Hot Dog Bingo: Monday, September 14 at 1:00

\$6 covers both 1st Bingo card and refreshments. Additional cards are \$1.00 each. Please, adults only. Come for fun.

Friends of the Senior Center Meeting – Wednesday, September 16 at 4:00 -The Friends are always looking to welcome new members and fresh ideas for their projects and fundraising. Help them plan for the 2026 Tag Sale.

Alzheimer's Awareness BINGO: Thursday, September 17 at 1:00 - Help support this Alzheimer's Awareness group and enjoy a fun game of BINGO. Pre-Registration is required.

Depression and Anxiety Presentation: Monday, September 21 at 2:00 - Depression and anxiety are common and affect both the person with the diagnosis and caregivers. Join Sterling Institute for an informative presentation to learn how these conditions may appear, why they occur, and what strategies and resources are available to help manage symptoms and improve quality of life.

Open Enrollment Presentation: Wednesday, September 23 at 1:30 - Open Enrollment is right around the corner! Join us for an informative presentation to learn about your Medicare options, what's changing for the upcoming year, and important dates to keep in mind. Bring your questions and get the information you need to make confident decisions about your healthcare coverage.

Bunco: Wednesday, September 23 at 2:00

Our Bunco Group meets on the last Wednesday of the Month. If you want to play or learn how to play, please sign up for this fun group.

Women's Book Club: Thursday, September 24 at 11:00

We will be reading "James" by Percival Everett. There is a monthly fee of \$4.

Learn about Cremation: Thursday, September 24 at 1:00. Join our friends from Green Funeral Home for an informative presentation on cremation. Learn about the cremation process, available options, and the important decisions that can help you.

Fall Floral Arranging: Wednesday, September 30 at 1:30 Our friends from Ivy Rehab are sponsoring a floral arranging class. All supplies will be provided and pre-registration is required.

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.

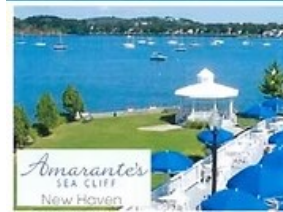
Visit the [Trip page](#) on our website to see more

The Voice of Yesterday at Amarante's Sea Cliff

Wednesday, September 9, 2026

Amarante's Sea Cliff in New Haven, CT, is a family owned venue that has been in business for 60 years. The beautiful waterfront property overlooks the cove and is known for outstanding hospitality & good food.

Singing yesterday's music for today's audience, Tommy performs the tunes of: Frankie Valli, Bobby Rydell, Elvis Presley, Del Shannon, Frank Sinatra, Bobby Darin, and so much more.



Menu:

Cheese & Crackers with Sliced Pepperoni, Mixed Garden Salad, Chicken Picatta OR Baked Stuffed Shrimp, Vegetable, Potato, Dessert, Soda, Coffee & Tea

Cost: \$132 per person Depart: 9:45 from the New Fairfield Senior Center upper lot
Estimated return: 5:00 pm

Studio Two - Beatles Tribute Band

Thursday, October 15, 2026

Join us for a lively luncheon show with Studio Two, hailed as Celebrating the Beatles' arrival in America in the 1960's, this talented group of Berklee College of Music - trained musicians brings the early Beatles years to life with the classics.

The Farmington Polo Club will offer a family style menu of House Garden Salad, Fresh Baked Rolls, Penne Bolognese, Farmington Club Chicken & Baked Scrod with Cracker Crumb Topping, Vegetable, Potato, Carafes of Soda, Dessert & Coffee



Cost: \$142 Per person Depart: 10:30 am from the upper parking lot Est. Return: 4:30 pm



Christmas Charm in Massachusetts Holiday Luncheon and Lights Tour

Thursday, December 3, 2026

Steaming Tender Restaurant, a restored 19th-century railroad station, surrounds you with Train memorabilia and Rustic Décor. With Holiday Showtime featuring Sinatra Crooner, Patrick Tobin

Stop at Randall's Farm Market then on to Bright Nights at Forest Park in Springfield, MA

Cost: \$160 Depart: 10:00 am from the upper parking lot Est. Return: 7:00 pm

This trip cost is discounted by the generosity of the Frank Klemczak Memorial Fund of the Friends of the New Fairfield Senior Center



Remembering The Beatles: Wednesday, September 16 at 1:30 Here at the Senior Center Where were you when the British Invasion swept across America? Do you remember the excitement when The Beatles first arrived in the U.S.? Take a nostalgic trip back to the 1960s as Steve Armstrong explores the extraordinary impact The Beatles had on music, culture, and the world. Sign up required.

New Fairfield Senior Center

33 Route 37

New Fairfield, CT 06812

Phone (203) 312-5665

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

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

Save the dates:



The Annual
Halloweenaversary
Party

Thursday, October 29 at 1:00pm
Get your Ghoul on
\$10.00 covers it.

**Annual Craft and Bake
Sale**

Saturday, October 24 , 9-4:00 pm
The perfect time to get started on finding
Holiday decorations and gifts.
And a good way to support the Friends of the Senior Center