



Volume 26
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The New Sun Times

New Fairfield Senior Center Newsletter

Happy Anniversary America!

It's the 250th Anniversary of the United States and along with our town, our state, and the rest of the nation, we are celebrating!

The New Fairfield Lions Club is doing the Fourth of July Parade in rare style and we will be participating. March with us or get here for the Boy Scout Pancake breakfast between 7:00 and 9:00 am and then find a seat at the sidelines. The parade will be followed by awards and free food and festivities at Memorial Field. Bring the family.

The beat goes on at the New Fairfield Senior Center in the summer. Read about the upcoming programs, trips, and events here and don't forget to visit our website :

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



Parade participants Dave, Terry, Alice and Tony

Sip and Stroll 2026



Our Friends of the Senior Center team welcoming guests!



Salem wishing all the best to our WCSU Social Work intern Samantha



Our quilters hard at work

Housatonic Habitat for Humanity Aging in Place Program

Offers free safety home repairs to low-income seniors and veterans, enabling them to age safely in the comfort of their own homes.

Aging in Place is a program that offers home repairs and ADA assistance to seniors, veterans, and disabled low-income homeowners, enabling them to live safely and comfortably in their homes.

“We believe that everyone should have the opportunity to age with dignity in their own home and community.”

It's quite simple to apply for the services - just head over to their website and fill out the application.

Visit: HousatonicHabitat.org/aging-in-place

Asset Limits: You can have up to \$4,250 in countable assets (like cash or savings) Good news: Your home, car, and retirement accounts don't count!

SNAP: Food Assistance for Seniors

The Supplemental Nutrition Assistance Program (SNAP) helps low-income individuals and families afford nutritious food. In Connecticut, the Department of Social Services (DSS) oversees the program and determines who qualifies.

Who's Eligible? Your gross monthly income must be below 200% of the Federal Poverty Level. For a single person, that's about \$2,609/month. DSS also considers your net income (after expenses like rent, utilities, and medical bills). Even if your income is slightly above the limit, you may still qualify after deductions.

How to Apply: You can apply for SNAP or HUSKY programs: Online: www.connect.ct.gov
In person: Contact Cindy White, Director of Social Services 203 312-5669

Looking for a way to stay brain healthy? Become a certified SHIP/CHOICES counselor and be the expert seniors need!

As a certified counselor, you'll guide your clients through their healthcare options, helping them make informed decisions for healthier living. Avoid the hassle of referrals and become the trusted source for all their needs.

The Western CT Area Agency on Aging is offering a mix of virtual and in person options for training sessions.

Participants must complete an orientation session, self-paced training modules, three training days, sign an MOU and take an online certification exam.

Topics include: The parts of Medicare, Medigap, eligibility, coverage, costs, appeals, coordination of benefits, transitions, & cost assistance programs.

Application deadline for the Fall Training is Friday, July 24th

For more information, call 203-757-5449 x 4 or 1-800-994-9422

July Movies

“Solo Mio”: July 10, A wedding disaster leaves a groom stranded in Rome, heartbroken in the world's happiest city. However, with help from a determined local and a few meddling couples, his ruined honeymoon becomes an adventure that he never expected.

“The Ballad of Wallis Island”: July 17, A strange lottery winner who lives alone on a secluded island, tries to make his fantasies come true by getting his favorite singer to perform.

“Home Team”: July 24, Sean Payton returns to his hometown two years after being terminated as NFL head coach due to his involvement in a scandal and finds himself reconciling with his 12-year-old son by coaching his Pop Warner football team.

“The Last Rodeo”: July 31, To save his grandson, a retired rodeo star enters a high-stakes bull-riding competition. Along the way, he confronts his past, discovers faith, and proves that true courage lies in family.

Meet Robert Weaver
New Fairfield's Ives Bank Branch Manager

Identity Theft Presentation: Wednesday, July 22 at 1:30

“Bobby” will be here to explain Identity Theft. We will discuss what Identity Theft is, why you should care and how to tell if your identity has been stolen.

**Financial Exploitation and Current Financial Scams:
Wednesday July 29 at 1:30**

Find out explain what financial exploitation is, what red flags to look out for as well as what current scams are affecting individuals and how to avoid being scammed.

Please sign up for one or both

Some regularly scheduled programs:

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

Stitch by Stitch Quilting: *Tuesdays & Fridays at 10:00* Relax and chat while snipping and sewing. Beginners welcome.

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 and crocheters 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: *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: *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: *Tuesdays 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 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>

Bronx Club: Wednesday, July 1 at 11:00

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

Serenity Circle: Wednesday, July 1 at 3:00 People of all faiths are welcome to join to share prayers and inspirational writings for both inner peace and world peace. Hosted by Susan and Michael Dutton.

Caregivers Support Group – Saturday, July 11 at 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, July 6 at 1:00

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

Men's Breakfast Club: Tuesday, July 7 at 8:30 am

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

***Foot Reflexology Appointments with Eileen Byrnes: Tuesdays, July 7 and July 28 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, July 7 at 1:30

Join Danielle Ramos from Bethel Health Care will be here to lead the group in making Mini Pallet Flags. Sign up today.

***Walking Club:** meets at the Senior Center to carpool (We will meet at **9:00 am** until the end of the summer.)

July 7 Lake Tonetta trail, Brewster

July 14 Meeting (10:30)

July 21 Meckauer Park, Bethel

July 28 Putnam Park, Redding

***Line Dancing Class: Tuesday, June 30, July 7, 14, 21, 28 at 11:00** Coleen Krempel will be leading a 6-week Line Dancing. Line Dancing is good for your brain and your balance and it makes you a lot more fun at parties! 6 week session for \$30.

SweetHART Community Forum: Wednesday, July 8 at 1:30

SweetHART provides transportation services to seniors and persons with a disability. Representatives will be here to discuss SweetHART services to our community, answer questions and listen to feedback and suggestions. Open to the public.

Garden Club: Friday, July 10 at 11:00 am

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

When the World Starts to Spin; A Presentation on Vertigo: Monday, July 13 at 2:00

Join Carlson ProCare's Physical Therapists in a fun interactive presentation with live demonstrations and open discussions. Discuss the common causes, why waiting increases risks and learn about treatments.

Non-Medical Pain Management Therapies for Arthritis and Chronic Illness: Wednesday, July 15 at 1:30

The Team from Ivy Rehab will be here to explain non-medical therapies for pain management of arthritis and chronic illness.

Friends of the Senior Center Meeting – Wednesday, July 15, 4:00 The Friends are always looking to welcome new members and fresh ideas for their projects and fundraising.

How to Eat Healthy While Eating Out; Thursday, July 16 at 12:30 Dietician Judy Prager will be here to give us hints and tips on how to eat healthier while we are eating out.

Bridge: Thursdays beginning July 16th at 1:00

A new group is forming. We are looking for Bridge players. We will be forming groups of four to play Bridge on Thursdays at 1:00 beginning July 16. Please Pre-register.

Heavenly Hymns: Thursday, July 16 & 30 at 2:00

A new group is forming. Do you enjoy singing hymns and growing in your faith through scripture? Whether you know every hymn by heart, or simply enjoy listening and learning, all are welcome. Come lift your voice with Justin at the piano, strengthen your faith and make new friends.

Intuitive Reading: Monday, July 20 at 1:00 Intuitive readers can sense what is going on in your life. Based on the issues she will work with you to empower you. Sign up for your 15 minutes with Courtney Stark for \$15.

Pampering and Skin Care: Monday, July 20 at 2:00

Bernadette Shade with Mary Kay will be here to offer complementary pampering and to teach us about skin care options for all types of skin. Pre-registration is required.

Dynamic Healing: Monday, July 27 at 12:00

Dynamic Energy helps reduce stress, promote relaxation, and restore physical, mental and emotional health through simple hands-on healing techniques. \$40 for 30 minutes with Courtney Stark

***Women's Book Club: Thursday, July 30 at 11:00**

We will be reading "Summer Sisters" by Judy Blume. There is a monthly fee of \$4.

Red Hat Luncheon: Tuesday, July 28 at 1:00

The Sunshine Rambling Roses is the only New Fairfield officially registered chapter of the Red Hat Society. We are holding out our red-gloved hands and inviting you to join us at our next monthly luncheon at, sign up required.

Making the Best of Every Day: Wednesday, August 5 at 1:30

Join us for an informational and compassionate presentation by Regional Hospice of Danbury. Learn about the services they provide, how hospice care supports individuals and families, and what other resources they provide to the community. Pre-registration is required.

Must Have Household Gadgets and Products for Seniors: Wednesday, August 12 at 1:30

Ivy Rehab will be here to share household gadgets and products that make the life of seniors easier. Join us to see what new and exciting gadgets are available. Pre-registration is required.

The Wonder of Whales: Thursday, August 20 at 1:00

Tom Kosturko from Compassion Home Care will be here to share his presentations on the wonder of whales. Join us to see the beautiful images and amazing facts of these magnificent sea creatures. Pre-registration is required.

Lunch & Learn about Legacy Planning: Thursday, August 27 at 12:00.

Our friends from Green Funeral Home will be bringing us lunch as we learn about legacy planning. They will discuss options and answer questions about legacy planning. Reservations required.

New Fairfield Senior Center

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Phone (203) 312-5665

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

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



Everything's Better with Ice Cream!

Trivia & Floats: *Friday, August 7 at 12:30*

Join Kay Schreiber of Synergy Homecare to play a game of trivia while enjoying Root Beer floats. Pre-registration is required.

Grandkids Ice Cream Social: *Monday, August 10 at 2:00*

Plan a "cool" date with your Grandkids. Enjoy an ice cream and play bingo. Come with your Grandkids (or a young person special to you). It is sure to be a fun afternoon making sweet memories together. Sign up and let us know who you're bringing.

