



Volume 25  
Issue 5  
September/October  
2025

**The New Sun Times**

## **New Fairfield Senior Center Newsletter**

### **September is National Senior Center Month**

“The 2025 theme, *Powering Possibilities: Flip the Script*, invites us to challenge outdated perceptions of aging and senior centers. It celebrates the dynamic role that centers play in fostering creativity, connection, purpose, and resilience in life.”

I always tell new members that this will be one of the best times of their lives, maybe the best—and I truly mean it. Our members take more time to enjoy the things they love and, more often than not, they do something they never had time for before. I see them discovering joy and fulfillment every day. Even those facing new limitations find meaningful ways to enjoy life and connect with others. And for those who are facing significant challenges in life for the first time, we're here to help.

I believe in senior centers. I believe in the New Fairfield Senior Center. WE FLIP THE SCRIPT!

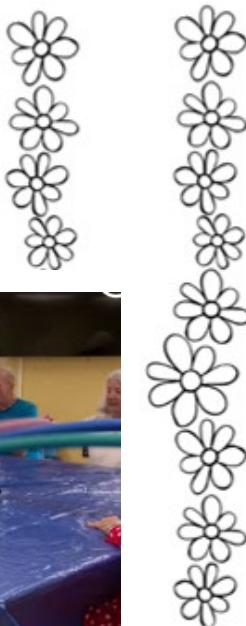


**Andrea tends to get a little silly when a lobster is staring at her.**



**Leave it to Janet to create our first human Whack-a-Mole game for the Picnic.**

# Summer 2025



**Showing our colors on the 4th of July.  
Members of our Parade contingent**



**Bob and Judy thought it was a perfect day for touring  
the Thimble Islands with us.**

## 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.

To qualify for the aging-in-place program, applications are required to meet the following eligibility criteria:

1. Homeowners Only. This program is not valid for renters.
2. Must carry Homeowners' Insurance.
3. Monthly household income of \$6,000 or less.
4. Must live in our service area (Bethel, Bridgewater, Brookfield, Danbury, New Canaan, New Fairfield, New Milford, Redding, Ridgefield, Roxbury, Sherman, Washington, Wilton and Weston)

"Through our AIP program, we significantly expand our impact in the local community, assisting over 100 additional homeowners each year and providing more volunteer opportunities"

For more information and an application, visit: <https://housatonicahabitat.org/aging-in-place/>

## Alzheimer's Association; "Supporting Independence"

*Tuesday, September 16 at 1:30*

Learn how to balance safety and manage expectations to support daily independence at every stage of the disease. Please join our very learned representative of the CT Chapter of the Alzheimer's association.

## The Connecticut Statewide Respite Program

The respite program supports caregivers of people diagnosed with Alzheimer's disease and related dementias (ADRD) by:

- Providing information
- Assisting with the development of a care plan that allows the caregiver time for themselves
- Connecting the individual diagnosed with ADRD to short-term services while the caregiver takes a break

PLEASE NOTE: Funds are intended to be short term and the care manager assigned to you will guide you through the process.

**Who Is Eligible?** An informal/family caregiver of a Connecticut resident who has been diagnosed with ADRD and meets other program criteria.

**How To Apply** It takes one phone call to get started. Call **1-800-994-9422** to be connected with your local Area Agency on Aging. A Care Manager will help you through the process and develop a plan to give you time for yourself while ensuring that you are taking care of your loved one's needs.

## Free Immunization Clinics

### *Non-flu Immunizations*

**Wednesday, September 17, 9-12:00**

The Stop and Shop pharmacist will be here for the second shingles immunization to complete the series (*for those who have had their first here in July*). Additional non-flu immunizations will be available for all including pneumonia, RSV, Tdap and COVID.

**Call 203 312-5665 to register. Bring your insurance card.**

### *Flu Clinic*

**Thursdays, September 25 and October 9, 9:30-12:00**

Candlewood Drugs will make Flu shots available right here at the Senior Center. **Call 203 312-5665 to register. Bring your insurance card.**

## "Preparing for Open Enrollment" Wednesday November 5th at 1:30 pm

Medicare Open Enrollment starts October 15th. Join the Western CT Area Agency on Aging to learn why it's important to review your current plan, what changes you can make, how to compare plans, and tools and resources to help you choose.

A certified CHOICES counselor will be on hand to answer your questions.

### 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 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.

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

### September Movies

**“Wicked”:** September 5 (*Movie will start at 12:00*) Misunderstood because of her green skin, a young woman named Elphaba forges an unlikely but profound friendship with Glinda, a student with an unflinching desire for popularity. Following an encounter with the Wizard of Oz, their relationship soon reaches a crossroad as their lives begin to take very different paths.

**“Nonnas”:** September 12 After losing his beloved mother, a man risks everything to honor her by opening an Italian restaurant with actual nonnas -- grandmothers, as the chefs

**“Bye, Bye Birdie”:** September 19, When the draft selects rock star Conrad Birdie, his fans are devastated, but none more than struggling songwriter Albert Peterson (Dick Van Dyke), whose song Birdie was just about to record. (Janet Leigh), (Ann-Margret)

**“Overboard”:** September 26 Snobbish and wealthy Joanna Stayton (Goldie Hawn) is living a life of leisure with her husband, Grant (Edward Herrmann), when she falls off their yacht and suffers amnesia. Grant takes the opportunity to rid himself of the demanding Joanna -- but Dean (Kurt Russell), a widowed carpenter with four kids who once worked for Joanna, arrives and claims she's, his wife. Joanna can't remember her past identity but has trouble believing that she was meant to be a working-class mother of four.

### Getting Creative

**Origami with Dirk:** *Tuesday, September 9 at 1:00*

Dirk Fernandez will be here to lead a class in Origami. Come experience the art of origami. Create cute bats that you can bring home to enjoy. All materials will be supplied.

**Craft with Danielle:** *Tuesday, September 2 at 1:30*

Danielle Ramos will lead you through the making of a Rustic Patriotic Door hanger.

### Flower Arranging with Cozy Oak Flower Farm:

**A Fresh Bouquet by You!** *Thursday, September 25 at 1:30:* Join us for a beautiful afternoon where you'll learn to create a balanced floral arrangement in a relaxed, hands-on setting using fresh-cut flowers.

**Fall Floral Pumpkin Design :** *Thursday, October 9 at 1:30:* Each of these workshops includes your lesson, the flowers and the vessel for only \$30. You can sign up at the reception desk.



## SEPTEMBER 2025

**Prayers for Peace:** *Wednesday, September 3 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 may bring a prayer or quote of their choosing. Hosted by Susan and Michael Dutton.

**Cremation with Green Funeral:** *Thursday, September 4 at 1:00* Join us for an informative and compassionate presentation on cremation. This session will provide valuable insights into the process, answer any questions you may have, and help guide you through making an informed decision for yourself or a loved one.

**Garden Club:** *Friday, September 5 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

**Hot Dog Bingo:** Monday, September 8 at 1:00 \$6 covers both 1st Bingo card and refreshments. Additional cards are \$1.00 each. Please, adults only. Come for fun.

**Meet The Veteran Representatives:** *Monday, September 8 at 1:00* Milton Craven and Bob Ballas, New Fairfield Veteran Representatives will be here to explain what they do for our veterans and answer your questions.

**Stroke Prevention:** *Wednesday, September 10 at 1:00\*

Sarena from Putnam Hospital will be here to give a free presentation. Learn about risk factors, warning signs, and practical steps you can take to reduce your chances of having a stroke. Empower yourself with life-saving knowledge.

**Walking Club:**

*September 2 at 9:30 – Squantz Pond*

*September 9 at 10:30 Walking Club Meeting,*

*September 16 at 9:30 – Bridgewater*

*September 23 at 9:30 – Fairfield Hills*

*September 30 at 9:30 – Hurd's Corner Road*

**Judge Martin Landgrebe:** *Friday, September 12 10:00 – 12:00*

Bring questions on different aspects of probate that you may have, including guardianships, living trusts, unclaimed property, estate taxes and administering decedents' estates. Contact us to schedule your appointment.

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

Puti is coming back to warm our heart with her recipe for Creamy Pasta with Peas. Sign up to join. **Tasting** available.

**Intuitive Readings:** *Monday, September 15 at 1:00* Intuitive readings are sessions where a professional reader will read your energy vibrations and work with you to empower yourself. Sign up for 15 minutes with Courtney for \$15.00.

**Hospice 101:** *Wednesday, September 17 at 1:30* Whether you're a caregiver, healthcare professional, or simply someone seeking to understand more about compassionate end-of-life care, we warmly invite you to an enlightening and informative lecture. Find out exactly what hospice care encompasses.

**Friends of the Senior Center Meeting** – *Wednesday, September 17, 3:00* The Friends are looking to welcome new members and fresh ideas for their projects and fundraising.

**Stop The Bleed:** *Thursday, September 18 at 1:00*

The Bleeding Control Basic (BCon) Course v. 1.0 is designed for individuals who have little or no medical training but who may be called upon as immediate responders to provide initial trauma care and bleeding control to a victim of traumatic injury prior to the arrival of emergency medical services (EMS) or in an austere environment.

**NEW Bunco:** *Wednesday, September 24 at 2:00*

Join our Bunco Group. Bunco is the ultimate activity because it's easy and quick. You can play and chat at the same time. I highly recommend signing up for it.

**Women's Book Club:** *Thursday, September 18 & 25 at 11:00* We are reading "The Women" by Kristin Hannah. There is a monthly fee of \$4.

**NEW Dynamic Energy Healing:** *Monday, September 29 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.

## OCTOBER 2025

**Burial with Green Funeral Home:** *Thursday, October 2 at 1:00*

We invite you to attend an informative presentation on burial options. This session will cover everything you need to know about traditional burial practices, the process, and how to make thoughtful, meaningful choices for yourself or a loved one. Whether you're planning ahead or exploring options, join us for a helpful, supportive discussion.

**Real Estate Panel:** *Thursday, October 16 at 1:30*

Luks Realtor Liz Pepin shares with us the panel of experts that she turns to for advice. Liz will be joined by Attorney - Kirsten Bennett, Insurance Agent - Brian Peet, Mortgage Lender - James Philipakos, Financial Advisor. Whether you're planning your future, buying or selling a home or just looking to learn more this is your chance to get expert advice all in one place.

**Safeguard Your Legacy: Estate & Insurance Strategies for Long-Term Care:** *Wednesday, October 15 at 1:30*

When it comes to long-term care, the right planning can mean all the difference. Join attorneys **Richard Smith** and **Christina DeFeo** of **Smith & DeFeo LLP** as they reveal estate planning strategies to shield your assets from long-term care costs and navigate **Medicaid (Title 19) planning**.

Then, hear from Insurance Advisor **Gordon Brown, FSCP®, CLTC®** of **Green Wealth Management Group** on the real-life impact of providing care for loved ones, how to design a personalized plan of care, and innovative funding solutions to cover expenses—without sacrificing your legacy.

**Lunch and Learn: Fall Prevention:** *Wednesday, October 22 at 12:00*

Join us to learn essential tips to prevent falls and ensure safety for you and your loved ones. Sign up 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



## Fall in the Poconos

Tuesday, September 30, 2025 Silver Birches Resort on Lake Wallenpaupack, PA

- Entertainment by Eric Kerns
- Coffee and apple strudel upon arrival
- Family Style Luncheon
- Scenic train ride along the Lackawaxen River

Depart: 8:15 am Estimated return: 7:45 pm

Cost: \$132



## Oktoberfest

Thursday, October 23, 2025

at Krucker's in Pomona, NY

**FULL DAY OF FOOD, FUN, MUSIC, DANCING AND GAMES**

Great food upon arrival, at lunch and a special treat to take home.

Cost: \$136

Depart: 9:00 am

Est. Return: 6:30 pm



## Christmas by Candlelight

*Friday, December 5, 2025 Old Sturbridge Village*

*A Celebration of Favorite Holiday Traditions & Music*

*Like a holiday card come to life*

*Stroll through a magical candlelit 19th century village, listen to Victorian Carolers, enjoy a horse-drawn sleigh ride and a sing-a-long*

*Lunch at Publick House serving traditional Yankee fare*

Bus departs 12:00 pm from the Upper Parking spots

Est. Return :9:00 pm

Cost: \$162



## Tuscany and the Italian Riviera with Collette

May 1-9, 2026 • 9 days • 12 Meals, 7 Breakfasts, 1 Lunch, 4 Dinners

Turin, La Spezia, Tuscany

For more information visit: <https://gateway.gocollette.com/link/1333462>



New Fairfield Senior Center

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

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

## TWO OPPORTUNITIES FOR FOOD AND FUN!

**Oktoberfest:** *Wednesday, October 8 at 12:00 pm*

Join us for some traditional German cuisine and a bit of oom-pah-pah right here at the Senior Center. Only \$10 when you sign up.

**Halloweenaversary:** *Thursday October 30 at 1:00*

Celebrating the original opening of the New Fairfield Senior Center and Halloween together will be entertaining, comical, and terrifying all at the same time. You decide which you will be when you don your best costume and join friends for a free afternoon of fun and light refreshments. Be sure to sign up ahead.



The New Fairfield Commission on Aging invites you to a  
**Forum on Housing**

**Saturday, October 18, 10:00 am**

Guest Speaker: Hugh Bailey of the Open Communities Alliance

Also presenting—Anita Brown, Chairman of the New Fairfield Housing Opportunities