

Volume 23  
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**The New Sun Times**

## **New Fairfield Senior Center Newsletter**

### ***From the Desk of Director Kathy Hull:*** **May is Older Americans Month**

“The 2023 theme is *Aging Unbound*, which offers an opportunity to explore diverse aging experiences and discuss how communities can combat stereotypes. Join us in promoting flexible thinking about aging – and how we all benefit when older adults remain engaged, independent, and included.” -Administration for Community Living

Okay, if you know me you know what’s coming next: there is no better way to stay engaged, independent, and included than to participate in the Senior Center. It really is true. We are part of the community and each other. We can connect to something meaningful on every level whether it’s helping at the schools, donating time to partnerships with organizations like the Candlewood Lake Authority or the WCSU Nursing Program or connecting with other seniors by spending time at the Center. All these are available to you through our Senior Center.

**You *are* Aging Unbound. Live it!**



Our Walking Club accumulated enough miles to celebrate the distance between New Fairfield and Lisbon with lunch at the Atlantic.



The first time our Mother Daughter Tea included Belly Dancing



# **Bingo!**



Quilters enjoying the new sewing carts.

## Housing Forum

The New Fairfield Housing Opportunities Committee invites you FOR AN INFORMATIONAL MEETING for all New Fairfield residents

Topics will include:

What do New Fairfield residents say about housing needs?

What is "affordable housing"? Who needs it?

How can I provide feedback on this Housing Plan?

JOIN US

IN PERSON

MONDAY, MAY 8 @ NOON (SENIOR CENTER)

PLEASE RSVP TO SENIORCENTER@NEWFAIRFIELD.ORG

OR

VIRTUAL

TUESDAY, MAY 9 @ 7:30 PM (ZOOM)

[CLICK HERE TO REGISTER AND GET YOUR ZOOM LINK](#)



## Do you know about the Medicare Savings Program?

To be eligible for the Medicare Savings Program, one must have Medicare Part A and fall within the income eligibility guidelines listed below. The program works with both Original Medicare and Medicare Advantage Plans. To apply to the program, contact Kathy Hull or a CHOICES Counselor at the Western CT Area Agency on Aging at 1-800-994-9422 or 1-203-757-5449.

Monthly Income Limits (if your income is at or below these levels)	Costs Covered at each MSP Level <i>(NOTE: All levels qualify You for Extra Help/Low Income Subsidy for Your Prescription Drugs)</i>
\$2,564 SINGLE \$3,468 COUPLE	<p>QMB – This program is similar to a “Medigap” policy. It pays your Part B premium and all Medicare deductibles and co-insurance.</p> <ul style="list-style-type: none"> <li>Your Medicare Part B covers doctor costs, outpatient services and some preventive care.</li> <li>The deductible is the amount that you pay for medical services before Medicare or any other insurance begins to pay. The amount changes every year.</li> <li>Co-insurance is the portion of Medicare-approved services that you are responsible for paying.</li> <li>It protects you from being billed for any Medicare-covered services.</li> </ul>
\$2,807 SINGLE \$3,797 COUPLE	<p>SLMB – This program pays for your Part B premium.</p>
\$2,989 SINGLE \$4,043 COUPLE	<p>ALMB – This program pays for your Part B premium. This program is subject to available funding and is not available to individuals with Medicaid.</p>

## Movies:

“A Man Called Otto”: *Friday, May 5 at 1:00*

Grumpy widower Otto Anderson develops an unlikely friendship that turns his world upside down.

“Breakfast at Tiffany’s”: *Friday, May 19 at 1:00*

New York playgirl (Audrey Hepburn) puzzles writer (George Peppard) in her building.

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

**Our regularly scheduled programs**

**Wheel of Fortune:** *Mondays at 1:30*

*You can play either in person at the center or via zoom.*

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

**Stitch by Stitch Quilting:** *Tuesdays and 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.

**Pool:** *Tuesdays at 2:00*

This group gets together every week to play pool. No experience necessary. Class size is limited so sign up.

**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 is 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. Canasta, Rumikub, Scrabble, Cribbage or even Mah Jongg.

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

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

This fun and casual class taught by Claire Tuffereau is for those who have a basic knowledge of French and want to keep that alive, \$30. for a six week session

**Cornhole:** *Thursdays at 3:00*

Show off your cornhole skills and have some fun. Show up and join the red or blue team. See which team is the first to score 21.

**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 different crafts that will be sold in October at the Craft Fair.

**Kayaking:** *Fridays at 1:30*

Bring your kayak, a life jacket and water bottle. Contact the Senior Center to hear where we will be kayaking.

Sign up ahead at the receptionist desk and fill out and sign a waiver release form. Join this great group and enjoy the water this summer in your kayak.

## SPECIAL IN MAY

**Kentucky Derby Party:** *Thursday, May 4 at 1:00*

We are having our own Kentucky Derby this May with mock Mint Juleps and other special refreshments and horse racing. Be sure to sign up at the desk and be sure to wear your best off-to-the races fashions.

**Intro to Virtual Reality:** *Monday, May 8 at 2:00* Tom Connors of Xperiment Virtual Reality© will be here for this introduction. You will be able to see, hear, and sense the virtual world you are in thus providing you with a new way to learn, to relax, and to enjoy. VR offers a large variety of experiences from diving into the depths of the oceans to traveling the globe. Make sure you sign up for this one-of-a-kind encounter.

**Brick Dedication in the Garden:** *Wednesday, May 10 at 3:00*

Join us in the back garden for a ceremony in honor of those to whom the bricks have been dedicated

**Lecture: 50's and 60's Music:** *Thursday, May 11 at 1:00*

Synergy HomeCare will present Stephen Armstrong to relive the music of the 50s and 60s. He'll keep the conversation going while showing videos of some of the popular rock and roll idols of the day! Come enjoy and reminisce.

**Makeup For Mature Women:** *Friday, May 12 at 1:00—3:00*

The perfect workshop for mature women to learn how to create a makeup style that compliments their personal features and skin tone. You'll explore products and tools and “must haves” for your personal collection and participate in hands-on makeup demonstrations. The workshop is led by Joby Rogers, certified professional make-up artist and educator.

**Grandkid's Ice Cream Read Along:** *Monday, May 15 at 3:00* We'll be reading Gizmo's Pawsome Guide to Mental Health© while we share ice cream and good feelings. The book takes an upstream approach to support the mental health and wellness of youth Hosted by New Fairfield Social Services Director Cindy White.

**Trip Presentation: Greece:** *Wednesday, May 24 at 1:00*

Come learn more about this great trip that includes Athens, Taverna Dinner Show, Acropolis, The Parthenon, Mykonos Old Town, Santorini Island, Oia Village, Ancient Akrotiri and Wine Tasting.

**Hazardous Waste and Recycling:** *Thursday, May 25 at 1:00*

Come learn how to dispose of hazardous waste the right way and where and when the collections happen.

**Play: Wrongdoing at Brownton Abbey:** *Friday, May 26 at 11:00 and 1:00*

Our very own member, Patsy Goodman has written and is now directing this mysterious and hysterical plays. The play takes place in a small radio studio (WNFS) during the 1940's era, the golden era of radio dramas. You will find yourself laughing through all the twists and turns to find “who done it”. The cast is made up of our own talented seniors.

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

**Hot Dog Bingo:** *Monday, May 1 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, May 2, 8:30 am*  
Enjoy some hot catered breakfast foods. Donations are kindly requested to offset the cost of breakfast

**Bronx Club:** *Wednesday, May 3 at 11:00*  
We will share memories and experiences and meet other "Bronx Transplants".

**Craft: Mason Jar Lid Bird Feeder:** *Wednesday, May 3 at 1:00* Come learn about the birds you might see in your own backyard. Sarah Johnson from Candlewood Valley Health and Rehabilitation Center in New Milford will be here to make a Mason Jar Lid Bird Feeder that you can take home and enjoy throughout the season.

**Prayers for Peace:** *Wednesday, May 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. Hosted by Susan and Michael Dutton.

**Garden Club:** *Friday, May 5 at 10:00 am*  
Garden Club members meet the first Friday of every month. Newcomers are welcome.

**Caregivers Support Group – Saturday, May 6 10:00 am**  
Maureen Salerno, LCSW, offers a session once a month. 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:** *Tuesday, May 2 at 9:30 Lasdon Park*  
*May 9 at 10:30 Walking Club Meeting,*  
*May 16 at 9:30 Sherman Track,*  
*May 23 at 9:30 Meckauer Park,*  
*May 30 at 9:30 Sega Meadows*

**Khri Hall Listening:** *Tuesday, May 9 and 23 at 10:30*  
Board of Selectmen member Khri Hall will listen to your comments and concerns and answer your questions. Sit one-on-one or bring your friends. Call for an appointment.

**Massages with Scott :** *Wednesday, May 10 and 24, 2:00pm.* Take a moment to relax, recharge and renew with a chair massage. Scott Coldwell of Phoenix Therapeutic Massage & Personal Training is an ACSM Certified Personal Trainer, a Licensed Massage Therapist and a Certified Well coach. Please call to make an appointment.

**COA Listening Session:** *Thursday, May 11 at 10:00am*  
Members of the Commission on Aging will be here to meet you and hear your concerns.

**Judge Martin Landgrebe:** *Friday, May 12, 10 – 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 Class: Soft Chicken Tacos with Puti:** *Friday, May 12 at 12:00* Puti Malavenda is coming back to share her winning recipe for Soft Chicken Tacos. Sign up.

**Discussion Group with Kathy:** *Tuesday, May 16 at 1:00 pm.* I look forward to exploring and sharing thoughts.

**Bunco:** *Wednesday, May 17 at 1:30 pm*  
Join our Bunco Group. Bunco is easy and quick. You can play and chat at the same time. A truly friendly afternoon.

**Friends of the Senior Center Meeting – Wednesday, May 17, 4:00** The Friends are always looking to welcome new members and fresh ideas.

**Intuitive Readings:** *Friday, May 19 at 1:00* Intuitive readings are sessions where a professional reader will read your energy vibrations and work to empower you. Sign up for your 15 minutes with Courtney Stark for \$15.00.

**Foot Reflexology Appointments with Eileen Byrnes:** *Friday, May 23 at 9:00 and Friday, May 26, 1:00* Reflexology reduces stress, promotes relaxation, improves circulation of oxygen and nutrients, also detoxifies and cleanses the body. Eileen Byrnes, nationally certified reflexologist, provides MONTHLY one-on-one therapy appointments. 30-minute appt. for only \$25.

**Red Hat Luncheon :** *Tuesday, May 30 at 1:00*  
*The Sunshine Rambling Roses* is the only New Fairfield officially registered chapter of the Red Hat Society. We invite you to join us at our luncheon, signup required.

**Commission on Aging Meeting – Tuesday, May 23, 7:30 pm** The Commission evaluates and advocates for the specific needs of seniors in our community. Meetings are open to the public.

**Women's Book Club:** *Thursday, May 25 at 11:00 am*  
We will be reading "Lessons in Chemistry" by Bonnie Grumes. There is a monthly fee of \$4.

### COMING IN JUNE:

**Wedding Photos on Display**

*Thursday, June 1 at 1:00*

Whether your anniversary falls in June or any other month, it's a good time to pull out those wedding albums and photos and share them with friends. We'll have the room set up for your displays and you can circulate and share your stories.

**Lecture: Did A Connecticut Woman Kill Jack The Ripper?**

*Thursday, June 15 at 1:00*

Florence Mavbrick lived out her final years as a recluse in New Milford after being convicted of killing her husband in England. Was her husband "The Ripper?" Mike Allen brings local history to life as a professional public speaker, on-air radio personality and podcast host. He provides a memorable and engaging presentation.

**Annual Summer Picnic**

*Thursday, June 29 at 12:00*

Watch for more news about this afternoon of grilled favorites and games to celebrate Summer.

ALSO: start watching for the sign up to be in our Fourth of July Parade contingent

# TRIPS

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

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

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

## Casino Trip – Resorts World Catskills: Monday, May 15, 2023

Bus Riders receive \$25 Slot Dollars and \$15 Food Comp. Must show a valid state or federal issued picture ID (non-expired) to receive a Player's Club Card, Bus Bonus Package and Reprinting Players Club Card. Bus Departs: 9:30 Senior Center Upper Parking Lot.

**Bus Returns: 5:30 PM**

**PRICE: \$40 (Includes Driver Tip)**

## Stayin' Alive

**WORLD'S #1 TRIBUTE TO THE BEE GEES at the Aqua Turf Club**

**Monday, May 22, 2023**

Coffee and donuts upon arrival. Family Style Luncheon: Salad, Pasta, Roast Pork Loin & Salmon with Maple Glaze, Vegetable, Potato, Rolls, Dessert, Beverage.

**Cost: \$118**

**Depart: 10:15 am - Senior Center upper parking lot**

**Est. Return: 4:30 pm**

## Hudson River Cruise

**Tuesday, June 20, 2023**

**Enjoy a pre-cruise luncheon with a Southern flare at Ole Savannah Southern Table.**

**Family Style Menu:** House Salad, Corn Bread, Herb Crusted Cod, Signature Fried Chicken, Seasonal Vegetable, Mashed Potato, Strawberry Shortcake Coffee.

**Enjoy a narrated cruise on the Rip Van Winkle as far as Hyde Park.**

**Bus Departs: 10:30 Sr. Center Upper Parking Lot.**

**Bus Returns: 6:00 PM**

**COST: \$134 (Includes Driver Tip)**



## Niagara Falls (overnight)

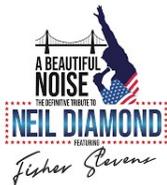
**October 10-13, 2023, Tue- Fri**

**Radisson Hotel Fallsview, Guided Tour of Niagara Falls, Fallsview Casino, Hornblower Niagara Cruise, Butterfly Conservatory**

**PRICE: \$829** Includes Deluxe Motorcoach, 3 nights hotel, 3 breakfasts, 2 dinners, sightseeing and admission as per itinerary, Friendship Tours Escort, Driver and Tour Director Gratuity)

**\$300 deposit due by July 11, 2023**

**Final payment due August 15, 2023**



## The Neil Diamond Musical—A Beautiful Noise

**On Broadway Wednesday, November 8, 2023**

**Pre-show lunch at Margaritaville in Times Square**

**Bus Departs: 10:30 Senior Center Upper Parking Lot. Returns: 6:00 PM**

**COST: \$287 Full payment due: June 26, 2023**

## EXERCISE

**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 is \$30

**Bodies in Motion: Monday, Wednesday and Thursday at 11:00** Easy-to-follow free class with up-beat music

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

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

**Chair Yoga: Tuesdays at 1:00**

Yoga classes weekly led by instructor Karen Gillotti. Six week session is \$30

**Movers and Shapers: Thursday, 9:30 am** One-hour variety of exercises designed to increase endurance, muscular strength, and range of movement. Led by certified instructor Coleen Krempel

**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.

**After Hours Yoga: Wednesdays at 5:15**

Yoga classes weekly led by instructor Lara Ward.

Six week session is \$30.00.

**Moderate Yoga: Tuesdays at 9:00** led by instructor Lara Ward.

**Fridays at 10:00** led by instructor Karen Gillotti.

This is 6 week session for \$30.

New Fairfield Senior Center

33 Route 37

New Fairfield, CT 06812

Phone (203 ) 312-5665

**Congratulations to Lee Lang  
on 100 years of living!**

*Happy Birthday, Lee!!*

*5/08/2023*



**Annual Town Wide Tag, Bake  
and Plant Sale**  
**SATURDAY, JUNE 10th**

The Friends of the New Fairfield Senior Center will once again be holding their annual Tag Sale. Just \$35 for a space. Come in for an application or find it on our website at:

[https://  
www.newfairfieldseniorcenter.org/  
friends-of-senior-center](https://www.newfairfieldseniorcenter.org/friends-of-senior-center)

Take a spot or just come to shop.  
Tell your neighbors!