

Volume 25  
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**The New Sun Times**

## New Fairfield Senior Center Newsletter

*From the Desk of Director Kathy Hull:*

*We are so excited and looking forward to the Fourth of July Parade and the Chairathon. Let's all show our Senior Center spirit by participating in these events this summer.*

### First Chairathon donation



Elizabeth and Olivia get started  
on another chair



**And They're Off!**

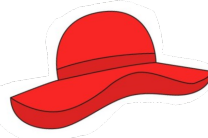
**We had some great Sip n Stroll guests for the race.**



**Looking good on the way to  
the Red hat Luncheon.**



**Tatiana's  
Class sings  
a Span-  
ish song  
for her.**



## From the Western CT Area Agency on Aging

### Connecticut Home Care Program for Elders

The CT Home Care Program for Elders is a Program designed to help Elderly Persons remain safely in their home with the proper supports and services in place rather than Nursing Home placement. In order to qualify for the CT Home Care Program for Elders the person needing services must be at least 65 years old, be a CT resident, be at risk for nursing home placement, require assistance in at least 2 areas of their daily functioning, as well as meet the program's financial eligibility requirements. You may qualify for services if your assets are below \$35,766 as an individual and \$47,688 as a married couple. For more information contact DSS: **800-445-5394** Press 0#

### Medicare Savings Program

**Need help paying for Medicare costs?** There is help to pay for Medicare premiums and cost-sharing for those whose income falls below a certain amount. If your monthly income falls below \$3,209 for an individual or \$4,336 for a couple, you may qualify for the Medicare Savings Program. The Medicare Savings Program assists individuals with paying the monthly Medicare Part B premium, and may also pay for co-insurance, deductibles, and other Medicare cost-sharing under Medicare Part A and Part B. It also provides financial assistance with Medicare Part D drug costs, through the Low-Income Subsidy/Extra Help program. Please call CHOICES for more information. program. Please call CHOICES for more information.

Need more help understanding Medicare benefits? Call your local Area Agency on Aging at 1-800-994-9422 and ask to speak with a CHOICES Counselor .

### 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 is \$30

**Bodies in Motion:** *Mon., Wed. and Thurs. at 11:00* Easy-to-follow free class 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:** *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 weekly with Lara Ward.  
Six week session is \$30.00.

**Moderate Yoga:** *Tuesdays at 9:00* with Lara Ward, *Fridays at 10:00* led by instructor Beverly Steiger  
This 6 week session is \$30.

### July Movies

**“A Complete Unknown”:** **July 11,**

In 1961, an unknown 19-year-old Bob Dylan arrives in New York City with his guitar and forges relationships with musical icons on his meteoric rise, culminating in a groundbreaking performance that reverberates around the world.

**“A League of Their Own”:** **July 18.**

As America's stock of athletic young men is depleted during World War II, a professional all-female baseball league springs up in the Midwest, funded by publicity-hungry candy maker Walter Harvey (Garry Marshall). Competitive sisters Dottie Hinson (Geena Davis) and Kit Keller (Lori Petty) spar with each other, scout Ernie Capadino (Jon Lovitz) and grumpy has-been coach Jimmy Dugan (Tom Hanks) on their way to fame. Madonna and Rosie O'Donnell co-star as two of the sisters' teammates

**“Conclave”:** **July 25,**

Cardinal Lawrence has one of the world's most secretive and ancient events, participating in the selection of a new pope. Surrounded by powerful religious leaders in the halls of the Vatican, he soon uncovers a trail of deep secrets that could shake the very foundation of the Roman Catholic Church

**Aging in Place: How to Protect Assets and Stay at Home:** *Thursday, August 7 at 1:00 pm*

Did you know that Connecticut is among the top 3 states with the highest costs for nursing homes and long-term care?

Lynda Lee Arnold of Czepiga Daly Pope and Perri will help you better understand how to avoid putting your hard earned assets at risk in a way that can best position you to stay in your own home and age in place. Specifically, you'll learn about Medicaid and other public benefit programs the state has to offer as well as strategies that married or single people can use to protect their assets.



### 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.

### \*\* FRIENDS OF SENIOR CENTER SPECIAL PROGRAMS \*\*



### *Thank you!*

A big thank you to Mark Oppenheimer and all the members of the Friends of the Senior Center, as well as the bakers, who made the Tag and Bake Sale a success despite the rain. And to the Garden Club for their Plant Sale which always draws a crowd.



### *First Ever Townwide Chairathon Awards and Auction Event August 17*

Start spreading the news. People from all over will be touring New Fairfield to see the final displays of the chair transformations. Some of the town organizations and individuals took the challenge and turned a used wooden chair into something to behold and beginning July 1 folks are invited to do just that, behold them. From July 1st through August 15th all the final projects are positioned around town. There will be a tour map on the website and on Facebook. On August 17, there will be an auction of the chairs and the proceeds will benefit the Friends of the New Fairfield Senior Center.

July 1st to August 15th—Tour the town to see the completed projects and encourage your friends and neighbors to do the same. Then on August 17th join us for the Awards Show and Auction

Let's bring some vitality to downtown New Fairfield and help the Seniors, too.

Get all the details at

<https://www.newfairfieldseniorcenter.org/friends-of-senior-center>

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

**Hot Dog Bingo:** Monday, July 7 at 1:00 \$6 covers both 1st Bingo card and refreshments. Additional cards are \$1.00 each. Please, adults only. Come for fun.

**Walking Club:**

July 1 at 9:00 – John Jay Homestead  
 July 8 at 10:30 - Walking Club Meeting,  
 July 15 at 9:00 – Jericho Road – Sherman  
 July 22 at 9:00 – Wooster Cemetery  
 July 29 at 9:00 – Putnam Park

**Origami with Dirk: Tuesday, July 8 at 1:00**

Dirk Fernandez will be here to lead a class in Origami. Everyone will make their own Origami Dog that they can bring home to enjoy. All materials are supplied. Please sign up.

**Massages with Joe : Wednesday, July 9 & 23, 1:30**

Take a moment to relax, recharge and renew with a chair massage. Joe Braguez of Sacred Self Studio is Licensed Massage Therapist. Please call to make an appointment for \$7.00 for 10 minutes.

**Garden Club: Friday, July 11 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.

**Judge Martin Landgrebe: Friday, July 11 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 Tatiana: Friday, July 11 at 12:00**

Tatiana Leon will be here to make "Arroz con Gardules Pernil (Roast Pork, Rice and Peas). Sign up and join us. Tasting is available.

**Craft: Sea Glass: Wednesday, July 16 at 1:30**

Come join Cathy McKenna as she teaches a craft class with Sea Glass.

**Friends of the Senior Center Meeting – Wednesday, July 16, 4:00** The Friends are always looking to welcome new members and fresh ideas for their projects and fundraising.

**Intuitive Readings: Monday, July 21 at 1:00**

Intuitive readings are sessions where a professional reader will read your energy vibrations. Readers are usually empaths and healers who are sensitive to another's energy and, and who will help you empower yourself. Sign up for your 15 minutes with Courtney Stark for \$15.00.

**Coffee and Conversation: Wednesday, July 23 at 1:30**

Cindy Lacour and Nicole Brandt from RVNA will be here to talk about Aging Well, Staying Independent. Learn when to accept the support that is needed.

**Women's Book Club: Thursday, July 24 at 11:00** We are reading "The Darlings" by Hannah McKinnon. There is a monthly fee of \$4.

**NEW Dynamic Energy Healing: Monday, July 28 at 1:00** It will help 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. Sign up for \$40.

**Red Hat Luncheon : Tuesday, July 29 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 the Royal Buffet this month, signup required.

**Black and White Portraits: Wednesday, July 30 at 1:30** Learn how Black and White photos can capture powerful emotions and moods. After the presentation, sign up to sit for the photographer's camera. This is a Black and White medium format (120mm) film. Each session will involve about 20 minutes of your time and once developed, the 4X5 print will be yours to keep for free. Sign up for the presentation & a session.

## Free Shingles Immunization Clinic

**Wednesday, July 16, 9-12:00 and 9/17 (for second dose)**

The Stop and Shop Pharmacy will be here at the Senior Center to administer the Shingrix vaccine. Call 203 312-5665 to register. Bring your insurance card.

**Remember:**

- You should get vaccinated even if you have had shingles in the past, as you can get it again.
- There's no specific waiting period after having shingles before getting the vaccine, but generally, you should wait until the rash has cleared up.
- You should get vaccinated even if you previously received Zostavax, an older shingles vaccine that is no longer available in the US.
- There will be a second clinic on **Wednesday, September 17, 9-12:00** for the required second dose.



# 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.



**Twin Lobsters and Show**  
The Log Cabin, Holyoke, MA  
Tuesday, July 22, 2025  
Bus departs 9:15 from the Upper Parking lot Est. Return : 5:30 pm Cost:

## HOLIDAY HILL SENIOR OUTING

Monday, August 18, 2025



Bingo, Bocce, Horseshoes, Heated Pool, Raffles, Prizes, Music, Dancing and...

Unlimited Food and Drink all day!

## Carole's Kings at the Aqua Turf

Tuesday, August 19, 2025

Featuring the music of BEAUTIFUL  
Carole's Kings is the first all-male Carole tribute, doing a dynamic jam-packed show.  
Coffee and donuts upon arrival. Delicious family-style meal

Cost: \$114 Bus departs 10:15 am (upper parking lot) Est. return: 4:30 pm



Depart from upper parking lot: 8:30 am

Est. Return: 5:30 pm

Cost: \$100

Always a fun-filled day!



## Timeless Treasures October 1-3, 2025

HIGHLIGHTS: \*Cooperstown \*National Baseball Hall of Fame or Fennimore Farm and Country Village \*Fly Creek Cider Mill for a slice of pie \*Dinner at Trackside Restaurant and Delmonico's, Utica \* Adirondack Railroad Train Ride \*Great Camp Sagamore & lunch \*Erie Canal Cruise \*Two nights at Fairfield Inn & Suites

Cost: \$1,035 double; \$1,216 single

Includes: Breakfast daily, Transportation, All taxes, Meal gratuities, Baggage handling, Driver gratuity

Register at : [bit.ly/kays-tours](http://bit.ly/kays-tours) When you register pay by credit card online or mail check

Checks are made out to Twin Travel Concepts and mailed to 451 Eichyush Rd., Kinderhook, NY 12106

Must call 203 417-8699 for further information

## Our next Collette Trip!

### Iceland's Magical Northern Lights

October 19 -October 25, 2025 • 7 Days • 11 Meals

Reykjavik, Northern Lights Cruise, Search for the Northern Lights, Golden Circle, Thingvellir National Park, Gullfoss, Lava Exhibition Center, Vik, Seljalandsfoss, Skógar Museum, Skógafoss, Sólheimajökull Glacier, Jökulsárlón Glacial Lagoon, Blue Lagoon <https://gateway.gocollette.com/link/1333631>.



## Tuscany and the Italian Riviera

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

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/>

**The Soaring Spirit of America**

**The Bald Eagle**

Thursday, August 21 at 1:30

Come for a presentation on this soaring national bird and then a tour of the Hubbel House, a Preserve New Fairfield historic museum house on the back of our property. Make sure you sign up.

**JOIN OUR  
FOURTH OF JULY PARADE  
UNIT**

Help us make the Senior Center proud  
again by marching or riding in our  
contingent this year.

Sign up today!



**Grandkids Crafty Ice Cream So-  
cial:**

*Thursday, August 14 at 1:00*

We will be hosting a special after-  
noon for grandparents and their  
grandchildren.

Don't have a grandchild? Bring a  
young friend.

Come for fun and ice cream and leave  
with a craft made by you.

