



Volume 25  
Issue 3  
May/June  
2025

**The New Sun Times**

## **New Fairfield Senior Center Newsletter**

*From the Desk of Director Kathy Hull:*

*As the weather warms up, so do we. Our Mother Daughter Tea was a big success again this year and it got us excited about flower season. The Senior Center will be blooming with new programs, too.*

*Visit: <https://www.newfairfieldseniorcenter.org> to keep up with the goings on.*

### **Mother Daughter Tea**



**Theresa's  
Four  
Genera-  
tions at  
the Tea**



**Ballroom Dancing at the Senior Center-  
with Andy Cabell of Arthur Murray...**

**And Laura and Jim dance at the Aqua  
Turi**



**St. Patrick's Day at  
the Aqua Turi**



## Part D Prescription Drug Coverage

### The 2025 cap on out-of-pocket drug costs:

- Starting in 2025, your annual out-of-pocket Part D costs are capped at \$2,000. After you reach this out-of-pocket limit, you owe nothing for drugs for the rest of the year.
- Your Part D Plan should keep track of how much money you have spent out of pocket for covered drugs and your progression through coverage periods— and this information should appear on your monthly statements.
- Remember that only costs associated with covered drugs help you move through the coverage phases. If you spend money on non-covered drugs, the costs will not help you reach the annual cap.

#### Remember;

After reaching this \$2,000 cap, you owe nothing for the rest of the year. This new limit changes the Part D coverage phases, which will now include three periods:

**Deductible Period:** You pay the full negotiated price for most covered drugs until meeting your deductible (up to \$590 in 2025, varying by plan). Some drugs, like insulin (\$35 cap) and immunizations (100% covered), are not subject to the deductible.

**Initial coverage period:** After meeting the deductible, costs for covered prescriptions are shared between you and your plan through copayments or coinsurance.

**Catastrophic coverage period:** Once you reach the \$2,000 cap, you owe \$0 for covered drugs.

## Tax-Aide 2025

**Many thanks to the AARP Tax Preparers led by Paul Donnelly, Tom Cunningham, Susan Payne, and Niles Spaulding**

They filed 78 returns and **all** were accepted by the IRS

#### Checking on the Status of a Filed Return

TaxSlayer provides Tax-Aide with the date and time a return was submitted electronically and the date and time it was acknowledged as received by IRS and/or the state taxing authority

Once a return is received, Tax-Aide has no additional ability to track the processing. None of our IRS contacts can provide that information. “Received” does not mean “accepted,” and the IRS or State may still question or review aspects of the return before the refund is paid

If IRS or the state questions a return, they **MUST** notify the taxpayer by mail... no phone calls or texts – this can take some time

*If you or someone you know would consider giving a few hours of your time during next year's tax season, Paul and his team would be happy to have you.*

*Please let us know soon so that we can put you in touch.*

## May Movies

**“On Golden Pond”:** May 2 at 1:00,

Cantankerous retiree Norman Thayer (Henry Fonda) and his conciliatory wife, Ethel (Katharine Hepburn), spend summers at their New England vacation home on the shores of idyllic Golden Pond. This year, their adult daughter, Chelsea (Jane Fonda), visits with her new fiancée and his teenage son, Billy, on their way to Europe. After leaving Billy behind to bond with Norman, Chelsea returns, attempting to repair the long-strained relationship before it's too late.

**“In The Heat of The Night”:** May 9 at 1:00

A black Philadelphia police detective is mistakenly suspected of a local murder while passing through a racially hostile Mississippi town, and after being cleared is reluctantly asked by the police chief to investigate the case.

**“All About Eve”:** May 16 at 1:00

Backstage story revolving around aspiring actress Eve Harrington. Tattered and forlorn, Eve shows up in the dressing room of Broadway mega-star Margo Channing, telling a melancholy life story to Margo and her friends. Margo takes Eve under her wing, and it appears that Eve is a conniver that uses Margo.

**“The Last Station”:** May 23 at 1:00

A historical drama that illustrates Russian author Leo Tolstoy's (Christopher Plummer's) struggle to balance fame and wealth with his commitment to a life devoid of material things.

**“12 Angry Men”:** May 30 at 1:00

Following the closing arguments in a murder trial, the 12 members of the jury must deliberate, with a guilty verdict meaning death for the accused, an inner-city teen. As the dozen men try to reach a unanimous decision while sequestered in a room, one juror (Henry Fonda) casts considerable doubt on elements of the case. Personal issues soon rise to the surface, and conflict threatens to derail the delicate process that will decide one boy's fate.



### 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:** *Mondays 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 \*\*

#### **First Ever Townwide Chairathon**

You are challenged to take a used wooden chair and upscale it. Find a local business willing to display it during the months of the Chairathon. Then on August 17 at the Senior Center there will be an awards ceremony and auction at the Senior Center to benefit the Friends of the Senior Center.

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>

#### **Annual Senior Center Tag Sale**

**Saturday, June 7, 9:00-3:00**

Spring has arrived and like me you have probably started your yearly cleaning and discovered a treasure trove of household items that are just taking up space. Instead of tossing them in the dumpster why not sell them at The Friends of the New Fairfield Senior Center Tag, Bake and Plant Sale, and make some money in the process.

This year's event will feature our ever-popular Bake Sale, which offers delicious homemade desserts baked by our senior center members and the Garden Club's Plant Sale. See the wide variety of plants and cuttings available for purchase.

The beautiful handmade summer quilt created by our senior center quilters will be raffled off at the end of the event. The quilt is now on display at the senior center. See the quilt and purchase your raffle tickets.



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

**Book Talk: It's Up, It's Good:** *Wednesday, May 7 at 1:30* Reverend John Parille has written a new book, "It's Up, It's Good". Life is like the game—full of challenges, unexpected plays, and moments when we must dig deep. It's Up, It's Good! connects the lessons of faith with the grit and strategy of football, showing how we can all move the ball forward in our spiritual walk.

**Empire State Building Talk:** *Monday, May 12 at 1:00* Soaring to a height of 1,454 feet (443.2 meters), this 102-story skyscraper held the title of the world's tallest for close to four decades. Learn more about this iconic modern wonder when historian Art Gottlieb visits.

**Downsizing:** *Wednesday, May 14 at 1:30* Are you trapped in your own house and unable to move on? Join long time New Fairfield resident and local realtor, Carrie Barry along with moving and downsizing expert Matt of G&G Home Solutions for an interactive conversation and Q&A to make your change stress free. We will talk with you and help answer questions on how to clear out what is weighing you down, how to relocate treasures to friends and family, how to sell and donate home goods, how to get those pesky home repairs done, what are you capable of doing or what should be sourced out. Come join in the conversation and bring your questions!

**Elder Financial Abuse:** *Monday, May 19 at 2:00* Akmin McKelvey from the M and T Bank will be here to talk about Elder Financial Abuse, Identity Theft and Scams that relate to what is currently going on. Stay informed! Sign up today.

**Money Values and Smart Goals:** *Wednesday, May 21 at 1:30* CT Money School is offering a 60 minute workshop about money management. They will cover Personal financial values and beliefs and how they influence your financial decisions. You will learn how to identify, prioritize and set S.M.A.R.T. (Specific, Measurable, Achievable, Realistic and Time-Based) goals. Learn how to understand needs versus wants and how external influences impact your financial choices.

**Women's Book Club:** *Thursday, May 22 at 11:00* We will be reading "The Berry Pickers" by Amanda Peters. There is a monthly fee of \$4.

**Trash Talk:** *Thursday, May 22 at 1:00* The State of Connecticut is experiencing a waste crisis. The state produces more waste than we have capacity to manage, forcing dependency on out-of-state landfills and waste to energy plants at a higher cost. Get an overview of the waste stream in Connecticut, what residents can do to help solve the problem and how it can also save you money in the long run. Jennifer Heaton-Jones the Executive Director of the HRRRA, the regional governmental solid waste and recycling authority, will give a one-hour presentation with a 30-minute Q&A.

**NEW Dynamic Energy Healing:** *Friday, May 23 at 1:00* Join Twyla for Your own session, for \$40. 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.

**Bronx Club:** *Wednesday, June 4 at 11:00* Our guest speaker will be Ellen Rogers the librarian from Mercy College.

**NEW Everyday Tech Essentials for Seniors Class** *Wednesday, June 4 at 2:30*

Learn the basics of technology in a fun and friendly environment! Navigate smartphones, tablets, and laptops. Stay connected with family and friends online. Tips for safe and confident browsing. Sign up today to join Jonathan Kalema, a patient, knowledgeable instructor ready to help you every step of the way. Sign up today! \$30 for this six week class.

**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:** *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 9:30* led by instructor Beverly Steiger  
This 6 week session is \$30.



# 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.

## Thimble Island Cruise with

Lunch at Amarante's Sea Cliff on the water

Monday, June 23, 2025

Bus departs 10:45 from the Upper Parking spots

Est., Return : 6:30 pm



Twin Lobsters and Show

The Log Cabin, Holyoke, MA

Tuesday, July 22, 2025

## Timeless Treasures October 1-3, 2025

HIGHLIGHTS: \*Cooperstown \*National Base ball 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 In & 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 Eichybush 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>.

Trip presentation: Wednesday, April 23 at 1:00 pm *Please reserve your seat.*



## Next Trip!!

**Trip Presentation, Tuscany and the Italian Riviera: Wednesday, May 28 at 1:30**

Learn about this once-in-a-lifetime trip when Tracy from Collette Tours visits with all the details including Turin, Langhe Wine Country, Barolo Winery, Italian Riviera, Cinque Terre, Lucca, Tuscan Estate, Florence, Chianti Countryside.

New Fairfield Senior Center

33 Route 37

New Fairfield, CT 06812

Phone (203 ) 312-5665

Save the Date:  
Thursday, June 26, 2025  
12:00 pm

### *Annual Summer Picnic*

- ♦ Hamburgers, Salads, Corn on the Cob, Watermelon, Ice Cream
- ♦ Games
- ♦ Raffles

Only \$10



### ***DECLUTTERING?***

Friends of  
The New Fairfield Senior Center  
Tag Sale Fundraiser  
Saturday, June 7

TAKE YOUR OWN SPACE FOR \$35

or

**WE ARE NOW ACCEPTING DONATIONS!**

If you have NEW or GENTLY USED items that are clean and in working conditions, bring them to the Center during normal business hours & deliver directly to receptionist.

Drop off your items through May 30



WIN THIS BEAUTIFUL QUILT!!

Friends of the Senior Center  
Spring 64" x 64" Quilt

3 tickets for \$5.00  
7 tickets for \$10.00  
20 tickets for \$20.00

Drawing will be on June 7th at the end of the Tag Sale  
Sop by any day before then to purchase yours