

NEWTOWN SENIOR CENTER NEWSLETTER

MAY, 2024

TOP NEWS FOR MAY

- Mother's Day Tea
- Trip to Mohegan Sun
- Car Fit Safety Program
- Scroll Saw Program Kicks Off



WHAT'S NEW IN MAY

Get ready for Spring with a bang at the Newtown Senior Center! This month, get your creative juices flowing with Carol's Botanical Art Class, sip tea fit for supermoms at our Mother's Day Tea, groove to Musical BINGO, and dive into a sea of other exciting programs! But wait, there's more! Jump into fitness classes, challenge your brain with mind-bending games, and master the art of dealing with pesky hip pain. Swing by for a dose of Springtime delight!

WHAT HAPPENED IN APRIL? WHAT A MONTH WE HAD!

April was jam-packed with fun and food!! FONS also held a spectacular membership dinner that many of our senior center members attended! We enjoyed BINGO with lunch, partied at our Spring Fling, enjoyed our first movie outing at the Edmond Town Hall, and had a play presented by our acting class! We also enjoyed numerous speakers, met with our State Representatives, had Lunch and Learns by numerous, generous presenters, met with our very own Public Works Department, had a trip to Hyde Park, and a climate talk! Let's not forget our Remember When Party!! There is so much to do here...invite your friends so they don't miss a thing!



Find out if you qualify for a IPAD or Samsung tablet, all seniors 60 and over who qualify will receive one and even get help setting it up all provided by the State of CT. Ask us for more information.

We are looking forward to our brand new Senior Center Woodshop program! It will be an amazing addition to the learning and the artistic creativity happening at the NSC!

SIGN UP NOW

for all of May's
new adventures on
myactivecenter.com

**Monday through Friday 9:00 am – 4:00 pm
8 Simpson Street, Newtown, CT 06470
Tel. (203) 270-4310**

MEMBER OF THE MONTH



Beth Ann's weekends are often spent curled up in her favorite armchair, lost in the pages of a well-worn novel. The scent of freshly brewed coffee fills her cozy living room, creating the perfect ambiance for her quiet moments of reflection.

While she may claim to be an introvert, Beth Ann's warm smile and engaging conversations reveal her true nature - a curious soul eager to connect with others. Her playlist is filled with the soothing melodies of classical music, transporting her to a world of elegance and grace.

When it comes to travel, Beth Ann's heart belongs to the majestic mountains that tower above the world. The rugged peaks and lush forests call out to her adventurous spirit, offering a sense of peace and tranquility that she can't find anywhere else.

As the sun sets behind the distant mountains, Beth Ann's thoughts turn to love and romance. She dreams of timeless tales of passion and devotion, seeking out moments of beauty and tenderness in the world around her. To Beth Ann, life is a grand love story waiting to be written, with each day bringing new chapters of joy and wonder.

BETH ANN ULIBARN

Allow me to introduce one of our newest members of the month, Beth Ann Ulibarn. Married to Julian, she is a mother of five - three boys and two girls. Beth Ann has diverse work experience in retail, a liquor store, as a teacher aide, and in stocking the meat department at a grocery store. She has also babysat for other families.

Beth Ann Ulibarn's passion for art shines through in her creative pursuits. Her interests include various forms of art such as painting and drawing. Her travel experiences have enriched her life, from the picturesque views of Montreal to the majestic beauty of the Rocky Mountains. Arizona's Seser and the breathtaking Grand Canyon have left a lasting impression on her adventurous spirit. Exploring the unique Gravestone Cave in Utah added a sense of mystery and wonder to her journeys.

Beth Ann values the sense of community and connection found at the Newtown Senior Center. She appreciates the warmth and kindness of the individuals she has met there. As a dedicated mother and experienced professional, Beth Ann brings a wealth of knowledge and a vibrant spirit to our community. Her diverse background and love for art and travel enrich the tapestry of our group, and we are fortunate to have her as a valued member.



EXERCISE - HEALTH - FITNESS



TAI CHI W/AUDRA

Monday at 10:00 am

Peacefully flow through forms synchronizing breath with meditative gentle movement improving your balance, flexibility, cardiovascular fitness, and sleep quality. Tai Chi practice helps to relieve pain, heal disease, reduce stress, and support PTSD and substance recovery.

CHAIR YOGA A & B W/EILEEN

Monday at 2:30 pm A- Thursday 1:00 pm B

This is a great class and is geared toward those who have knee and/or hip limitations. Helps with flexibility, strength, and balance. Ends with meditation. You'll feel fabulous!

ZUMBA GOLD W/MATT

Monday at 1:00 pm

The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion, and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

FLEX, FIT, & TONE W/CLAUDIA

Tuesday at 10:00 am

This is a conditioning class using your weights, bands, and balls to strengthen and stretch your entire body.

FLOOR YOGA W/EILEEN

Tuesday at 1:00 pm & Friday at 9:00 am

This class incorporates yoga postures, gentle movement sequences, breath work, supported silent meditation, and guided relaxation to support increased awareness and mindfulness of the breath and body and quieting of the nervous system. This class is a gentle joint practice, so there is no weight bearing through the knees or wrists.

FIT AND FABULOUS W/DEB

Tuesday at 9:00 am

Join Deb for fabulous fitness fun. Get a full-body workout with a blend of cardio, weights, and core exercises that'll leave you feeling like a superhero. Plus, Deb's amazing energy will make you a fan of this class in no time!

DEEP STRETCH W/JENNIFER

Wednesday at 9:00 am

Set to soothing music, low-impact stretching, and breathing exercises designed to de-stress you physically and mentally while increasing flexibility.

LINE/COUNTRY DANCING W/JILL

Wednesday at 10:30 am

Line dance is a choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines or rows, and execute the steps at the same time.

DANCE W/MATT

Wednesday at 1:00 pm

This fun and educational class will introduce students the fundamental key basics of all ballroom and Latin dance. Learn dances such as the waltz, tango, cha-cha, and the all American swing, just to name a few.

POWER HOUR W/ DEB

Wednesday at 2:15 pm

Join this new Power Hour that combines the worlds of fun and strength training. Class adds a layer of targeted strengthening exercises. It engages muscles and builds strength in a manner different than other classes. Power Hour uses dumbbells to add intensity to the workout. who don't often exercise outside of their regular practice or for athletes looking for a new challenge.

CHAIR PILATES W/CLAUDIA

Thursday at 9:00 am

Chair based fitness program which improves balance, and posture. Works spinal flexion, extension, and side banding through different stretching positions. Increases strength and improves mood and energy with fun and invigorating movements.

LINE DANCE EXERCISE W/KEVIN

Thursday at 10:30 am

Come join the fun in this light-to-moderate cardio dance class. Kevin takes you through line dance steps for a foot-stomping dance session with songs from country to pop to island!

MOVE & GROOVE W/EILEEN

Thursday at 2:15 pm

Aerobics is a form of physical exercise that combines rhythmic aerobic exercise with stretching and strength training routines to improve all elements of fitness, flexibility, muscular strength, and cardiovascular fitness.

BROADWAY BURN W/MATT

Friday at 10:30 am

This class is geared toward seniors and includes chair work to achieve the same muscle activation without the need to stabilize as much and to create an even lower impact class. that incorporates Broadway jazz and musical theater patterns in an easy-to-follow workout set to your favorite show tunes from television, movies, and of course Broadway.

Registration for all classes is required. Visit myactivecenter.com

WEEKLY PROGRAMMING

SEWING CREW

Mondays 9:30 am – 11:00 am

Come to sew dresses for missions & do some good! They will supply the kits. You'll be able to sew the dresses here, or at home. there will be guidance on how to start. Sewing experience is needed. Dresses for Missions is sponsored by Walnut Hill Community Church in Bethel.

BOTANICAL WATER COLOR

Wednesdays 1:00 pm

Join Carol every Wednesday afternoon for an hour or two to hone your watercolor skills or begin a new journey of botanical painting. This is a watercolor "open studio" time. Work on your project or paint a different flower each week. Class size limited to 10 participants

CHICKEN SOUP FOR THE SOUL

Mondays 11:00 am

Women's Discussions Group – Come and discuss recipes, family traditions & and women's issues. Come and share your story.

PING PONG PLAYERS GROUP

Fridays 1:30 pm

Bring a friend and enjoy a great game or two! Located in our exercise room, ask the front desk to get the table ready—open play.

ART CLASS

Tuesdays from 10:00 am–12:00 pm with Lynn

Find your inner artist! Students of all skill levels are welcome. Watercolors, acrylics, oil paint, pastels, colored pencils, and watercolor pencils will be provided. come and discover your media of choice or continue to work with your favorite.

TECHNOLOGY ASSISTANCE

Wednesdays 2:30–4:00 pm with Zack

Meet with Zachary for all of your technology needs. Fix something gone haywire, learn how to use a device's features, or even get advice on purchasing something new. Schedule your 1:1 appointment with the front desk.

MEN & WOMEN'S POKER GROUP

Tuesdays 1:00 p.m

Enjoy the game of Poker with a wonderful group. The game starts promptly at 1:00 pm – please arrive early to determine teams prior to starting.

LEARN MAHJONGG

Wednesdays 10:00 – 1:00 pm

If you enjoy the game of Mahjongg or have always wanted to learn to play, bring your set, and play a few games! Sign up at the front desk is required.

PINOCHLE

Fridays 2:00 pm

Enjoy the game of Pinochle with a fun group. The game starts promptly at 2:00 pm – please arrive early to determine teams prior to starting.

SPANISH LESSONS

Thursdays 10:30 am – 11:30 am with Louise

Have fun learning Spanish in this class with Louise Zierzow! At the end of the session is a field trip to celebrate Spanish culture and cuisine!

KNITTING & CROCHETING GROUP

Fridays 12:00

It's Fri-yay, and time for the ladies to unite! For over thirty years, a group of fabulous women have been gathering every Friday. Come and be a part of the group! Create and enjoy this special comradery.

MONTHLY PROGRAMMING

HISTORY OF FAIRFIELD HILLS

Wednesday, May 8th, 11:00–12:00 pm

Every second Wednesday of the month. Ann Marie Macey & Dr. Marietta Sonido.
Learn about the History of Fairfield Hills.



REFLEXOLOGY

Tuesday, May 21st

Third Tuesday of each month. Reflexology is a one-on-one method of activating the many wonderful healing powers in your body through the stimulation of reflex points in your feet that correspond to your organs, glands, and joints. Increased blood flow assists your body with entering a state of energetic balance known as homeostasis. Reflexology is very relaxing.

Sessions are 30 minutes.

Appointments are made through Eileen Byrnes, a certified reflexologist and yoga instructor at the Center. Eileen@eileenbyrnes.com

THE SILVER TONES

Thursdays, May 9th & 23rd, from 10:00 am to 11:30 am

If you're a fan of popular American tunes and have an itch to sing or strum, then come on down to our jam session every second and fourth Thursday. Don't fret if you're not a pro, we welcome all musical skill levels, whether you're a shower crooner or a seasoned musician.

BLOOD PRESSURE CHECK

Thursday, May 9th, 9:30–11:30 am

Second Thursday of the month

Meet Nurse Joan in the health room and make sure your blood pressure is where you want it to be.

SOCIALIZING WITH OUR SOCIAL WORKER

Tuesday, May 14th, 11 am – 12 pm

NEW Every second Tuesday. Stop by to chat with Alexa Griffin, LCSW, Social Worker with Newtown's Dept. of Human Services. Alexa can help point you to resources and answer questions you may have about programs you are eligible for and overall aging well.



BOOK CLUB

Monday, May 20th, 12:30 pm

The fourth Monday of the month.

Join the club to discuss your favorite books and hear the upcoming selections. This month's book is called *The Four Winds*, by author Kristen Hanna. This story is set in Texas, 1934. It has been described as "an indelible portrait of America and the American Dream, as seen through the eyes of one indomitable woman whose courage and sacrifice will come to define a generation."

Copies of the book will be available at the CH Booth Library later in the month.

WESTERN CT PARKINSON SUPPORT GROUP

Wednesday, May 1st, 1:30 pm

First Wednesday of the month.

People with Parkinson's, family members, caregivers and anyone interested in learning about Parkinson's Disease is welcome.





LUNCH & LEARNS

** Sign-up is required no later than a week before these events.
IF YOU SIGN UP PLEASE PLAN TO ATTEND OR CANCEL YOUR RESERVATION

FRIDAY, MAY 17th @ 12:00 PM...LUNCH & LEARN

In her informative session, **Maria Xavier** will guide you through the intricate world of online scams and teach you effective strategies to protect yourself from falling victim to fraudulent schemes. From recognizing common red flags to implementing practical security measures, you'll gain valuable insights on how to navigate the digital landscape safely. **Don't miss this opportunity to arm yourself with the knowledge and tools needed to outsmart the scammers and safeguard your online presence.**



SPEAKERS

** Sign-up is required no later than a week before these events.
IF YOU SIGN UP PLEASE PLAN TO ATTEND OR CANCEL YOUR RESERVATION

WEDNESDAY, May 8th @ 11 am ... Brain Games

Presented by Danielle Ramos from National Health Care Associates, Inc. Our memory is a fascinating aspect of our cognitive function, capable of storing and retrieving vast amounts of information. In our activities, we aim to exercise your short-term memory by challenging you with quick tasks and prompts that require immediate recollection. For the long term, we will introduce activities that encourage you to draw upon your stored knowledge and experiences. Lastly, we will stimulate your working memory by engaging you in tasks that require active manipulation of information. Remember, everyone's memory capacity is unique, and all skill levels are encouraged to join in the fun. Let's explore the wonders of memory together! And don't FORGET, there are always snacks involved!

WEDNESDAY, May 8th @ 1 pm ... Community Conversation on Gambling


Presented by Andre Luis Grigorio from Western Connecticut Coalition, your region's local behavioral health action organization. A Community Conversation on Gambling, which provides education on gambling and an outlet to ask any questions you might have on the topic as well. Their efforts are to disseminate as much information and resources as possible.

WEDNESDAY, May 22nd @ 2 pm ... Causes and Management of Hip Pain

Learn how to improve your hip health and mobility with Connect Physical Therapy, a skilled physical therapist from Connect Physical Therapies. In this engaging session, you'll gain valuable insights into managing hip pain, along with practical exercises to enhance your overall well-being. Say goodbye to discomfort and hello to a more active lifestyle with our expert guidance. Don't miss out on this opportunity to prioritize your hip health and feel your best. Join us for a transformative experience!

WEDNESDAY, May 29th @ 2 pm ... Education and Insights About Assisted Living

When you meet Fran O'Neil from Maplewood, you will be greeted by a warm and inviting person, ready to provide you with valuable education about assisted living. She is very knowledgeable and will be on hand to guide you through the various options available, answer any questions you may have, and help you make an informed decision about the next steps in your journey. Join us for an informative session filled with insights, support, and a sense of community as we navigate the world of assisted living together. We look forward to welcoming you with open arms & an array of appetizers and snacks. Providing you with the information you need to make the best choices for yourself or your loved ones.



SPECIAL EVENTS

MONDAY, MAY 6TH @ 10AM- 2:00PM - AAA CLASS

AAA Northeast to conduct their **Driver Improvement Mature Operator Program Class** for our community members. Participants age 60 and older are eligible for a **two-year, insurance discount** on liability, collision, and personal protection insurance premiums. Arnie Kinsler is the certified instructor who will conduct the Driver Improvement Mature Operator Program. We need a minimum of 15 people to start the program. There is a \$15 fee. The fee is for the course that includes all materials and Certification of Course Completion.

AGE: 60 & UP | FEE: \$15

FRIDAY, MAY 10TH @ 12 PM

Mother's Day Tea

Celebrate Mother's Day with a delightful tea event for Mothers, Daughters, and Grandmothers! Join us for a special treat featuring delicious finger sandwiches, a variety of teas and sponsored by The Lutheran House, a selection of mouthwatering desserts. Enjoy live entertainment by John Fazio Jr. There will be raffle prizes to win.



WEDNESDAY, MAY 15TH @ 2 PM - CRAZY MUSIC BINGO

Are you a music maniac? A BINGO buff? A laughter lover? Well, brace yourself for the ultimate showdown at **Music BINGO!!** Charles is the ringmaster of fun, leaving folks chanting, "He's a blast, let's do it again!" Don't be the one missing out on this epic **BINGO MANIA!**

MONDAY, MAY 20TH @ 1 PM - PLANT A VEGGIE DAY

Let's throw a bash for all things farm and garden! Get your hands dirty at our **veggie planting fiesta in the Bucket Garden**. Dig into scrumptious salads and fruits while having a blast with the soil! Come join this unique dirt-filled party - it's going to be epic! **\$5 charge**

FRIDAY, MAY 31ST @ 1:00 PM - SPRING BINGO

Bring your friends and family to join in on the fun! Get ready to shout "BINGO!" as you mark off the numbers on your card. Nancy Kost will be hosting the event, bringing her cheerful energy and love for games to create a lively atmosphere. Enjoy a variety of snacks and refreshments as you play, adding to the delight of the afternoon. Whether you're a seasoned BINGO player or trying it for the first time, there's something for everyone to enjoy. Make sure to save the date for this Spring-themed BINGO event - it's bound to be an unforgettable time filled with laughter, friendly competition, and delicious treats. Sponsored By BriteStar Care.

GET YOUR GAME ON!

Have you tried out NSC's new shuffle board table?

Thank you to the Commission on Aging for purchasing this new piece for our center!

BILLIARDS AND SHUFFLE BOARD ARE AVAILABLE DAILY

(unless the space is being used for another event). Check with the front desk for details and....come get your game on at the NSC!



SHUFFLEBOARD IS OPEN FOR PLAY
M 9-4, T 9-1, W 9-12,
TH 9-4, F 9-1:30
NO PLAY DURING CARD GAMES



SPECIAL EVENTS CONTINUED



NEW CLASS

THURSDAY, MAY 9TH 10:00 AM - 12:00 PM

LET'S TRY SCROLL SAWING

People who have used a sewing machine will notice the similarity. If you can follow a line you can scroll a pattern; that is all it takes. Our first project will be jigsaw puzzles. If you drift off the line no one will know.

With many blade types and sizes to choose from it enables you to cut sharp curves and make highly detailed cuts. Tilting the table, or turning the piece on its side after the top cut, creates a three-dimensional object. You can even stack layers of different colored wood to create marquetry and intarsia pictures. Pre-cutting the rough outline on the scroll saw is an easy way to shape animals, etc that you want to carve. In this class, we will go into all operations and techniques to help you be successful. You will become comfortable with the type of wood and the direction of the grain, saw speed, how hard you push (feed rate), type and thickness of the material, and smoothness of the cut. In the beginning, determining the ideal blade for the job is as confusing as the choices of paint brushes for a new painter. You will find the scroll saw is a very versatile tool. You will not even be limited by your imagination as we will supply patterns and materials to choose from.

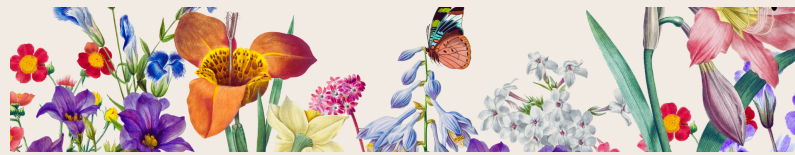
The class will be thought by Harold Patterson and Ken Moliver. Classes will be taught in 6 week series. Stay tuned for the 2nd round, starting after the completion of our first series June 13th.

SATURADAY EVENT!! CAR FIT!!

SATURDAY, MAY 25TH @ 9 AM - 12PM
CAR FIT



Join us on Saturday, May 25th, and ensure your car is in excellent driving condition! During the event, each driver will receive a personalized check focusing on seatbelt usage, foot positioning, distance from the steering wheel, and more. Be sure not to miss this special event dedicated to promoting safety on the roads.



NEW WATERCOLOR CLASS

WEDNESDAY, MAY 8TH - MAY 29TH @ 1:00 - WATER COLOR PAINTING WITH CAROL

The Spring season is full of new growth and color as flowers begin to bloom all around us. Join Carol every Wednesday afternoon for an hour or two to hone your watercolor skills or begin on a new journey of botanical painting.

This is a watercolor "open studio" time where Carol will provide you with guidance as need be. Work on your own project or paint a different flower each week. Carol will bring flowers from her garden or feel free to bring your own perfect bloom. She will help you to see flowers in a new light as a painter would!

The workshop will meet every Wednesday at 1:00 during the month of May. The first workshop will begin on May 8th (no class on May 1st). Materials will be available or feel free to bring your own.

Come and explore the beautiful world of watercolor botanicals with Carol!

Art Studio Monitor: Carol Franson-Serra
Class size limited to 10 participants



NEW CRAFT CLASS

MONDAY, MAY 20TH @ 2:00
DECORATED TILE WORKSHOP

May flowers are beginning to bloom in our gardens and the excitement of Spring is in the air! Come join Carol in this two-hour workshop where we will be painting decorative tiles using acrylic paint. Enjoy painting a beautiful Scandinavian Poppy Garden which will already be drawn for you! You will spend an enjoyable afternoon painting your floral masterpiece with Carol's guidance.

Class size is limited to 15 budding artists. All supplies will be provided.



SPECIAL TOURS

NEWTOWN SENIOR CENTER HITS THE ROAD! JOIN US FOR A FUN TRIP!

1850 HOUSE LUNCHEON



BUS TICKETS ARE \$5.00
sign up at myactivecenter.com

THURSDAY, MAY 16TH
BUS WILL LEAVE THE NSC AT 11:45

Founded in 2021, The 1850 House is the newest restaurant in the Chabot Hospitality Group. Located in the Heritage Village community at the Silo Point Country Club, we are dedicated to using the freshest local ingredients to create new takes on old classics.

Our restaurant features a large dining room and pub room with cozy fireplaces. We also have a bright 'sun room' and patio with wonderful views of the golf course.

MOHEGAN SUN CASINO

THE BUS IS LEAVING AT 9:30

THURSDAY, MAY 23RD TOUR IS CURRENTLY FULL
Watch for another trip soon!

Pop on over and explore this fabulous Casino, bursting with excitement! It's a hub of entertainment, shopping, a smorgasbord of restaurants, and endless activities all rolled into one fantastic spot!



IMPORTANT INFORMATION

Tours will need a minimum of 10 participants.

Please arrive 15 minutes before the bus is scheduled to leave. Payment is required when you sign up. Due to trips being paid in advance, all cancellations must be made one week before the trip date for a refund. A refund can be made however only if the spot can be filled and paid for by a member on the trip's waiting list.

Non-members are welcome to join us on trips, however, current Newtown Senior Center members have priority for trip reservations.

**REGISTER ONLINE -
PAY ONLINE! ALL TOURS
END AT 4 OR LATER**



Save The Date...

Friday, June 14th Father's Day Cook Out

Calling all amazing women!! Join us for a cozy afternoon tea with the ladies. Enjoy an assortment of teas and finger sandwiches with an amazing assortment of desserts. Enjoy this time with friends and reminisce about all things Mom and Grandma!!

CALENDAR OF EVENTS: MAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		<p>1</p> <p>Deep Stretch 9:00 Line Dancing 10:30 Parkinson Group 1:30 Power Hour 2:15 Technology 2:30</p>	<p>2</p> <p>Chair Pilates 9:00 Spanish 10:30 Line Dance Exercise with Kevin 10:30 Lunch 12:00 Chair Yoga 1:00 Move & Groove 2:15</p>	<p>3</p> <p>Senior Center is CLOSED (WATER LINE MAINTANCE)</p>
<p>6</p> <p>Sewing Dresses for Missions 9:30 Tai Chi 10:00 AAA Driver Improvement 10:00-2pm Chicken Soup 11:00 Zumba 1:00 Chair Yoga 2:30 A NO CLASS</p>	<p>7</p> <p>Fit & Fabulous 9:00 Flex, Fit & Tone 10:00 Art 10:00 Lunch 12:00 Floor Yoga 1:00 NO CLASS SPEAKER Heart Speak 1:00 Poker 1:00</p>	<p>8</p> <p>Deep Stretch 9:00 Line Dancing 10:30 History of Fairfield Hills 11:00 BRAIN GAMES 11:00 SPEAKER 1:00 CAROLS ART CLASS 1:00 Power Hour 2:15 Technology 2:30</p>	<p>9</p> <p>Chair Pilates 9:00 Blood Pressure 9:30-11:30 NSC WOODSHOP 10-12 Silvertones 10 - 11:30 Spanish 10:30 Line Dance Exercise with Kevin 10:30 LUNCH 12:00 Chair Yoga 1:00 NO CLASS Move & Groove 2:15 NO CLASS</p>	<p>10</p> <p>Floor Yoga 9:00 NO CLASS Broadway Burn 10:30 NO CLASS Knitting 12:00 pm MOTHER'S DAY TEA 12:00 Ping Pong 1:30 Pinochle 2:00</p>
<p>13</p> <p>Sewing Dresses for Missions 9:30 Tai Chi 10:00 Chicken Soup 11:00 Zumba 1:00 CRAFT WITH ELLEN 2:00 Chair Yoga 2:30 A</p>	<p>14</p> <p>Fit & Fabulous 9:00 Flex, Fit & Tone 10:00 Art 10:00 LUNCH 12:00 MAY BIRTHDAY CAKE FROM SYNERGY 12:30 Floor Yoga 1:00 Poker 1:00</p>	<p>15</p> <p>Deep Stretch 9:00 NO CLASS Line Dancing 10:30 Meeting with Social Worker 11:00 Carols Art Class 1:00 CRAZY MUSIC BINGO 2:00 Power Hour 2:15 Technology 2:30</p>	<p>16</p> <p>Chair Pilates 9:00 NSC WOODSHOP 10-12 Line Dance Exercise with Kevin 10:30 Spanish 10:30 Lunch 12:00 TOUR 12:30 Chair Yoga 1:00 Move & Groove 2:15</p>	<p>17</p> <p>Floor Yoga 9:00 Broadway Burn 10:30 Knitting 12:00 LUNCH & LEARN 12:00 Ping Pong 1:30 Pinochle 2:00</p>
<p>20</p> <p>Sewing Dresses for Missions 9:30 Tai Chi 10:00 Chicken Soup 11:00 Zumba 1:00 PLANT A VEGGIE DAY 1:00 CRAFT WITH CAROL 2:00 Chair Yoga 2:30</p>	<p>21</p> <p>Fit & Fabulous 9:00 REFLEXOLOGY WITH EILEEN Flex, Fit & Tone 10:00 Art 10:00 Lunch 12:00 Floor Yoga 1:00 Poker 1:00</p>	<p>22</p> <p>Deep Stretch 9:00 Line Dancing 10:30 Dance with Matt 1:00 CAROLS ART CLASS 1:00 SPEAKER 2:00 Power Hour 2:15 Technology 2:30</p>	<p>23</p> <p>MOHEGAN SUN OUTING 9:30 Chair Pilates 9:00 NEW: WOOD SHOP 10-12 Silvertones 10 - 11:30 Line Dance Exercise with Kevin 10:30 Spanish 10:30 Lunch 12:00 Chair Yoga 1:00 Move & Groove 2:15</p>	<p>24</p> <p>Floor Yoga 9:00 Broadway Burn 10:30 RIVERVIEW THEATER OUTING 11 OR 1 Knitting 12:00 Ping Pong 1:30 Pinochle 2:00</p>
				<p>SATURDAY 25 CAR FIT ON SATURDAY 9AM - 12PM</p>
<p>27</p>  <p>Senior Center is CLOSED FOR MEMORIAL DAY</p>	<p>28</p> <p>Fit & Fabulous 9:00 Flex, Fit & Tone 10:00 Art 10:00 LUNCH 12:00 Floor Yoga 1:00 Poker 1:00</p>	<p>29</p> <p>Deep Stretch 9:00 Line Dancing 10:30 NO CLASS Dance with Matt 1:00 SPEAKER 2:00 Power Hour 2:15 Technology 2:30</p>	<p>30</p> <p>Chair Pilates 9:00 NEW: WOOD SHOP 10-12 Silvertones 10 - 11:30 Line Dance Exercise with Kevin 10:30 Spanish 10:30 Lunch 12:00 SPEAKER 1:00 Chair Yoga 1:00 Move & Groove 2:15</p>	<p>31</p> <p>Floor Yoga 9:00 Broadway Burn 10:30 NO CLASS Knitting 12:00 BINGO AND SNACKS 1:00 Ping Pong 1:30 Pinochle 2:00</p>



THE NEWTOWN

senior center

MAY MENU



\$5 - PLEASE PAY ONLINE USING OUR NEW PAYMENT OPTION WHEN SIGNING UP IN MYACTIVECENTER.COM

*All meals are served with fruit or 1/2 cup of fruit juice, bread with margarine/butter, and 8 oz. of milk.

** Serving sizes include a minimum of 3 oz. of protein, 1/2 cup starch, and 1/2 cup vegetables.

THURS. MAY 2ND 12:00

Garlic Bread
Lasagna
Tossed Salad
Cookies

TUES. MAY 7TH 12:00

Turkey, Roast Beef
Combo Sandwich platter
Lentil Soup
Tossed Salad
Cookies

THURS. MAY 9TH 12:00

Italian bread
Cheese Ravioli
Steamed Broccoli
Caesar Salad
Assorted Cookies

TUES. MAY 14TH 12:00

Italian bread
Chicken Campagna
Roasted Vegetables
Assorted Cookies

THURS. MAY 16TH 12:00

Italian bread
Shrimp Scampi
Garlic Angel Hair Pasta
Tossed Salad
Fresh Fruit

TUES. MAY 21ST 12:00

Italian Bread
Chicken with Mushrooms in a Brown
Sauce
Mashed Potatoes
Tossed Salad
Assorted Cookies

THURS. MAY 23RD 12:00

Dinner Roll
Eggplant A la Nicks
Broccoli
Tossed Salad
Cookies

TUES. MAY 28TH 12:00

Italian bread
Chicken Caesar Salad
Potato Salad
Assorted Cookies

TUES. MAY 30TH 12:00

Dinner Roll
Tomato Soup
Turkey and Cheese Sandwich
Tossed Salad
Cookies



FOOD ALLERGY NOTICE

MILK, EGGS, FISH, CRUSTACEANS, TREE NUTS, WHEAT, PEANUTS, SOYBEANS, SESAME

Please ask a member of our staff about the ingredients in your meal if you have a food allergy, intolerance, or special dietary requirement. The following ingredients are present in our establishment:

IMPORTANT NSC NEWS & UPDATES

JUST A FEW FRIENDLY REMINDERS...



The Newtown Senior Center is fortunate to have an array of talented presenters, instructors, and entertainers come through our doors each month. Please be mindful when signing up for programs. We provide our outside guests with the number of registrants before their program. Our guests use this information to plan their presentations, classes, and any refreshments they bring in for your enjoyment. Of recent the number of "no-shows" to events has increased. Please respect those coming in to share their knowledge and talents with us, and the time they spend preparing to be with us. Please remember when registering for an event:

- **Ensure your schedule will permit you to attend if registered, and cancel if your plans change. Because we have so many wonderful programs throughout the day, there are times when events overlap. When registering for events, please be aware of any time conflicts and only register for your top choice program.**
- **Plan to stay for the duration of the program.**
- **Remember that any refreshments that our outside guests generously bring are for the members attending the program.**

Our Center is known for our beautiful facility and wonderful members' participation. Please help us keep the reputation we have built at 8 Simpson Street.

The Newtown Senior Center was established to be a warm and welcoming place where you can come to recreate, socialize, access helpful services and information, and find intellectual stimulation. Following the guidelines for participation ensures that the Center is a friendly and supportive environment for all who participate. The handbook has information on all you need to know about the day-to-day operations of our Center. You can find the handbook online at newtown-ct.gov/seniorcenter or the front desk.



HEALTH-WELLNESS-FITNESS CLASSES

SIGN-UP for all classes at myactivecenter.com.

Pre-registration is REQUIRED.

Health & Wellness classes include a fee for non-residents of \$4 per class.

Our low membership fees remain the same for residents (\$20) and non-residents, residing out of Newtown (\$25) annually. Your annual membership will still include all of the fantastic speaker presentations, Lunch & Learns, non-fee classes, groups, and several special events.

You may renew your membership for 24/25 now at the front desk.

PAYMENT & REGISTRATION

INFORMATION REGISTRATION & PRE-PAYMENT IS REQUIRED FOR ALL EVENTS

The Newtown Senior Center now uses an online registration system. All classes, lunches, tours, and events are registered and paid for by visiting www.myactivecenter.com. We are excited to bring this technology and upgrade our registration process to our members! Learn how to navigate the user friendly system by viewing the "How To Guide" at newtown-ct.gov/senior-center or pick up a hard copy at the front desk. ALL PAYMENTS ARE NON-REFUNDABLE (except tours on a case by case basis)

SERVICES & INFORMATION

BRUSH WITH KINDNESS—HOME REPAIRS FOR LOW-INCOME SENIORS

For residents who are 60 years or older, the homeowner, and who meet income level requirements. For a listing of approved repairs and their application process see their website site: housatonichabitat.org/home-repairs/ or call 203-744-1340 x104

NEWTOWN MEALS ON WHEELS

Nutritional meals (regular and special) are delivered at a reasonable cost. To inquire about becoming a meal recipient call Janet at 203-270-1960 or Cynthia at 203-837-6433.

TECH OUTREACH- C. H. BOOTH LIBRARY

Technology help is available onsite at the Library. Call them at (203) 426-4533 for more information.

F.A.I.T.H FOOD PANTRY

Located at 46 Church Hill Road (behind St Rose of Lima Church Sanctuary). The pantry is available to help residents with food and toiletries. The Food Pantry is available to low-income households in Newtown. The pantry is open Tuesday from 9:30 to 11:30 a.m. and Thursday 4-6 pm.

Donations to the Pantry can also be made at these times, and locations around town.

For more information: 203-426-5604.

www.newtownfoodpantry.org

THRIFT SHOPS

Did you know Newtown has two thrift shops in town? You can find them at:

Visiting Nurses (VNA) Thrift Shop, 45 Main St, Newtown (behind Edmond Town Hall)
203-270-4377

Cornerstone Thrift Shop, 14 West St, Newtown (at the Congregational Church)
203-270-9359

WESTERN CONNECTICUT AREA AGENCY ON AGING (WCAAA)

The Western Connecticut Area Agency on Aging provides FREE UNBIASED information on Medicare and the options that supplement Medicare. The WCAAA can answer questions that you may have on Medicare, Medicare the Prescription drug benefit, Medicaid, Preventative Benefits, Care Giving issues, and more. The WCAAA can assist in filling out applications for different programs for which you may be eligible. For more information please call WCAAA at 1-800-994-9422 or 1-203- 757-5449.

SMART 911

Smart911™ is a secured application that allows information that YOU have chosen to place into the system to be seen by the Telecommunicators at the Newtown Emergency Communications Center when you call 911 for emergencies. Go to <https://www.smart911.com> and select the sign up button and create your account. This free service is provided to you by the Newtown Emergency Communications Center.

NEWTOWN CHORE SERVICES

FONS Chore Services is a program designed to assist Newtown homeowners (55 years of age or older) in remaining in their own homes safely, independently, and comfortably. Volunteers can assist with living space chores which are difficult to do. Assessment of financial assistance for safety needs. Chore Services maintains a list of vetted, highly recommended professionals for more complex jobs.

For more information & and volunteer opportunities contact Bev Bennett Schaedler, Coordinator, at 203-430-0633. fonschoreservices@gmail.com FONS welcomes volunteers of all ages to assist with chore projects.

TRANSPORTATION OPTIONS:

SweetHART Bus/HARTransit

Dial-A-Ride door-to-door transportation service for seniors age 65 or older and persons of any age with a mobility disability.

For Reservations, Comments/Questions

(203) 744-4070

Be Driven, LLC

Non-Emergency Wheelchair Van Transportation

<https://www.bedrivenllc.com>, (203) 426-7820

Non-Emergency Medical Transportation (NEMT)

NEMT is an important benefit for Medicaid members who need to get to and from Medicaid-covered medical services but have no means of transportation.

[https://portal.ct.gov/dss/Health-And-Home-Care/Non-](https://portal.ct.gov/dss/Health-And-Home-Care/Non-Emergency-Medical-Transportation)

[Emergency-Medical-Transportation](https://portal.ct.gov/dss/Health-And-Home-Care/Non-Emergency-Medical-Transportation)

<https://www.mtm-inc.net/connecticut/>

(855)-478-7350

RENTERS REBATE **NEW INFORMATION**

State law provides a reimbursement program for Connecticut renters who are elderly or totally disabled, and whose incomes do not exceed certain limits. Persons renting an apartment or room or living in cooperative housing, or a mobile home may be eligible for this program. Renters' rebates can be up to \$900 for married couples and \$700 for single persons. The renters' rebate amount is based on a graduated income scale and the amount of rent and utility payments (excluding telephone) made in the calendar year prior to the year in which the renter applies. Applications may be made with Newtown Human Services. Call to schedule an appointment at (203) 270-4331.

SENIOR PAW PROJECT

Honoring the bond between caregivers and their pets, the Senior Paw Project provides critically needed pet food, veterinary care assistance, and foster/respite care to senior pet owners struggling to keep or care for their animals. The Senior Paw Project is a referral-based program. Partnering with 12 municipal housing authorities, senior centers, food pantries, and veterinarians, we step in to prevent the difficult choice of feeding themselves or their pets, or foregoing veterinary care due to financial hardship. To learn more, please email us at seniorpaw@cvhfoundation.org or call 866-620-8640 x701.



MEDICAL EQUIPMENT **NEW INFORMATION**

Are you or someone you care about in need of medical equipment.... or looking to donate equipment you no longer need?? Here are two great resources:

Medical Equipment Locker

Run by Newtown resident, Marty Carlin from his home. You can reach Marty at 914-469-0091

Wheel It Forward (locations in Bridgeport and Stamford)

A not-for-profit library for durable medical equipment (DME), assistive technology, and related products. For more information, call them at 203-652-8600 or visit

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

CONGRATULATIONS

to the Artist of the month! (continued)

HEIDRUN MORGAN

Come and see Heidrun's beautiful work on display in the lobby.

HEIDRUN MORGAN –

Heidrun Morgan has been working with glass for about 20 years. Among her explorations are ancient and modern mosaics and the stained glass technique using copper foil. From there it was a small step into the world of the ancient art of glass fusing. Heidrun experiments with glass explores new techniques, and gains more knowledge daily about the "behavior" of glass in a kiln. "I don't have a certain outcome in mind when I start – it is the process that fascinates me." Glass captures or transmits light as no other medium and Heidrun's glass creations are one-of-a-kind art inspired by nature as well as by geometric shapes. "Working with glass is the perfect addiction of sorts because each piece is unique and giving life to my ideas completes me."

www.heidrunglasscreations.com – heidrunmorgan@gmail.com



Flower Word Search

I Z Q V B Q J R D F E H B L U E B E L L U V E P G Z Z E U J
 G B G R Y K F R F L A M I V G C R B G J J G O Z B J B L L X
 D P V J L A V E N D E R I T I B X U D P C Q W E J S L N N G
 B Y N H Y H A P H B N Y K C Q O D T H K I S W T X T U J H F
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Amaryllis
 Anemone
 Aster
 Astilbe
 Begonia
 Bluebell
 Buttercup
 Carnation
 Cosmos
 Crocus
 Daffodil

Dahlia
 Echinacea
 Hibiscus
 Hyacinth
 Iris
 Jasmine
 Jonquil
 Lavender
 Lily
 Lotus
 Marigold

Orchid
 Pansy
 Petunia
 Rose
 Snowdrop
 Tulip
 Wisteria
 Zinnia
 Sunflower
 Rose
 Violet



**NEWTOWN
SENIOR
CENTER**

MORE INFORMATION



NEWTOWN COMMISSION ON AGING

**NEXT MEETING: MAY 20TH @ 4 P.M.
NEWTOWN SENIOR CENTER**

D- ANNE ROTHSTEIN Chair 203-426-2334
arothstein@aol.com TERM: 1/6/23-1/6/26
R- BARBARA BLOOM Vice Chair 203-648-6905
bbloom4388@aol.com TERM: 1/6/22-1/6/25
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stephen.riccitelli@icloud.com TERM: 1/6/24-1/6/26
D- JACK KITTERMAN 203-312-3584
resoundingguitar@gmail.com TERM: 1/6/23-1/6/25

203-270-4310

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NewtownSeniorCenter



NEWTOWN SENIOR CENTER

Greetings to our members from the
Department of Human Services
Team!

The team's offices are located in Fairfield Hills between the Senior Center and 28 Trades Lane. Within the services and programs provided are specialized support for seniors and an array of programs and services offered at your NSC.

Newtown Senior Center, Center for Active Living.
Located at 8 Simpson Street, 203-270-4310 Natalie Griffith, LCSW, Director of Human Services
Natalie.Jackson@Newtown-ct.gov

Wendy Devereaux, Senior Center Assistant
Wendy.Devereaux@Newtown-ct.gov

Nicole Nicholson, Senior Center Assistant
Nicole.Nicholson@Newtown-ct.gov

Located at 28 Trades Lane, 203-270-4330
Corinne Ofgang, LPC, Clinical Manager
Corinne.Ofgang@Newtown-ct.gov

Alexa Griffin, LMSW, Care Navigator
Alexa.Griffin@Newtown-ct.gov

Jackie Watson, Case Manager
Jacqueline.Watson@Newtown-ct.gov

A Fun Challenge Inside Our Newsletter Just for You!
We love that you read our newsletter from start to finish, and as a thank you, we have a fun challenge for you! The first person to find the hidden poker chip will receive a special prize. we didn't get a winner last month. the dragon fly was hidden in flowers on the word search page.