

APRIL 2024

NEWTOWN SENIOR CENTER NEWSLETTER

We welcomed the rainy beginning of spring in with some fabulous watercolor classes taught by our member and artist Carol Franson-Serra.



HAPPY MARCH BIRTHDAYS

BIRTHDAY CAKE WAS SPONSORED BY
THE NEWTOWN COMMONS



Spring is here and so much to look forward to!

It's hard to believe it is already April! As you will see in the Newsletter there are so many fun and wonderful programs, special events, and trips planned this month. We look forward to seeing you and welcoming spring with our fabulous members!

SIGN UP NOW

for all of April'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

Donald Haugg

A Message from Donald

“Hello” to all my friends at the Newtown Senior Center.

My name is Donald Haugg and I have had the pleasure of befriending many of the members over the past 10 months after the death of my soul mate, Janet.

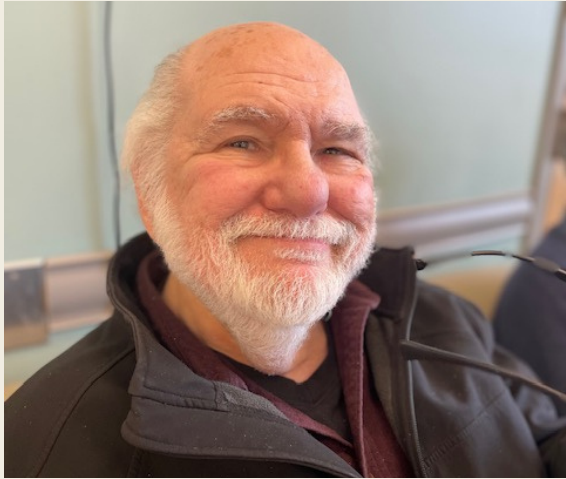
The first was WILD BILL the Jigsaw Puzzle Wiz and the professor of the “WILD BUNCH” in the pool room. I also want to thank the many women at the center for always being very kind to me and have always been nothing but friendly towards me.

I certainly can not forget NICOLE, WENDY, and NATALIE, for the support and encouragement through some very difficult times.

Thank you all for being here for me.

Your Grateful Friend,

Donald



Donald Haugg



Donald Haugg and friends





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.

Exercise - Health - Fitness

Fit and Fabulous w/Deb

Tuesday 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!

**April
11th last
class**

Pilobolus

We are lucky to have this fantastic class back for 10 weeks only! Every Thursday at 12:00, starting 2/1-4/11. It's all about connecting with balance. This class is open to all levels of ability, can remain seated. This progressive exercise program promotes everyday balance.

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 with the goal of improving all elements of fitness, flexibility, muscular strength, and cardio-vascular 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 at 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.

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 from 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

It's Fri-yay, and time for the ladies to unite! For 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, April 10th, 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, April 16th

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

Thursday, April 11th & 25th, 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, April 11th, 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, April 9th, 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.



Newtown Senior Center Book Club

Monday, April 22nd, 12:30 pm

The fourth Monday of the month.

Join the club to discuss your favorite books and hear the upcoming selections. The book this month will be determined in a few days. Please look for notifications and an email to let you know what the book is.

We are looking for a discussion leader for this month of the book club.

Western CT Parkinson Support Group

Wednesday, April 3rd, 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**

WEDNESDAY, APRIL 3RD @ 12:00 PM...LUNCH & LEARN BINGO!

In the enchanting month of April, when the daffodils intertwine with the blooms of the trees at the seniors' sanctuary, behold the return of Jennifer Hernandez, the Marketing & Clinical Liaison from The Lutheran Home Of Southbury. Once more, she brings forth the jubilant game of BINGO and a feast beyond compare! Venture forth and partake in this spring time gathering for a day filled with wonder and merriment!

MONDAY, APRIL 22RD @ 12:00 PM...LUNCH & LEARN EDWARD JONES!

Enjoy a delicious lunch and Maria's enthusiasm as she presents a discussion about The Foundations in Investing.



Speakers

FRIDAY, APRIL 19TH @ 12:00 PM...LUNCH & LEARN WITH FIRST LIGHT!

John Richards, the Owner, and Monique Bongartz from First Light will provide a nutritious lunch for the members while sharing insights on FirstLight HomeCare. They will delve into "Lessons Learned in Life," emphasizing the priceless wisdom gained from life experiences and the value of accumulated knowledge over the years.

FRIDAY, APRIL 26TH @ 12:00 PM...LUNCH & LEARN CLIMATE CHANGE PROJECTIONS

Analyzing climate change projections for the century ahead involves exploring various approaches and their impacts. The interactive session encourages experimenting with different strategies to collectively devise policies for preventing climate overheating, highlighting the diversity of potential solutions. Join us for a fun interactive experience!!

**** 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, APRIL 3RD @ 1:30 PM ... CPR TRAINING WITH ELIZABETH CAIN

If you are keen on learning CPR, handling emergencies, and providing basic life support, come join us for live demonstrations and kick off your CPR training. • For certification, there is a \$20 fee. • If certification is not needed, the program is free of charge. **FULL**

TUESDAY, APRIL 9TH @ 1:00 PM ... JULIANNA RAMOS Dementia Specialist Hartford HealthCare Center for Healthy Aging

Embark on a 5-week adventure to explore and join and join a **Caregivers Support Group**. Establish a support network to exchange practical insights on challenges and potential solutions. Discuss issues, and coping strategies, and openly share feelings, needs, and concerns within the group.

WEDNESDAY, APRIL 10TH @ 11:00 AM ... BRAIN GAMES with Danielle 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!

Speakers

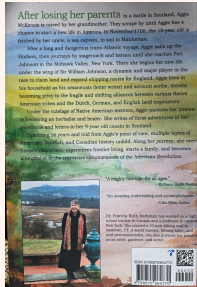
WEDNESDAY, APRIL 10TH @ 2:00 PM OSTEOPOROSIS EDUCATION AND MANAGEMENT CLASS, HOSTED BY CONNECT PHYSICAL THERAPY

Join us to learn from a Doctor of Physical Therapy: What is osteoporosis? How to manage this with exercise!! Find out what the symptoms are, what the causes are and your risk factors. But, the good news is there are ways to manage and decrease your symptoms. Join us for a very educational and important presentation.

MONDAY, APRIL 15TH @ 12:00 PM JOIN US FOR A FABULOUS PRESENTATION WITH AUTHOR DR. PATRICIA RUTH BARKMAN AS SHE READS FROM HER BOOK " LOVE OF MOHAWK VALLEY"



This book is an exchange of letters. A young woman decides that instead of going straight from high school to college, she'll take time off to travel in Europe. She writes to an older woman whom she'd never met but who was once in a relationship with her father. Two love stories take place, one in the 2016-17 and one over thirty years earlier. In the sequel, deep friendships evolve through war, immigration, espionage, and separation.



MONDAY, APRIL 17TH @ 1:00 PM MY AMERICA, MY INDIA

Join our own Angie as she talks about her journey from India to America, reflecting on the changes in her life, the differences between the two countries, and the similarities she has discovered.

THURSDAY, APRIL 18TH @ 1:00 PM STEPHEN ARMSTRONG , TALK ABOUT YOUR FAVORITE TV SHOWS

Join us and learn about the spectacular times of your favorite TV shows and all the memories that they bring! Learn about the best times of TV and enjoy some wonderful snacks all sponsored by Synergy Home Care.

TUESDAY, APRIL 23RD @ 10:00 AM PARTY WITH PUBLIC WORKS!

Sit with Fred Hurley the Director of Public Works and Arleme Miles the Public Works Administrator. Hear all about what Public Works does to keep this community running and get all of your questions answered while enjoying a healthy breakfast snack. Here is a brief synopsis if you wonder what your Newtown Public Works does for the community...The Public Works Department encompasses Highways, the Transfer Station (former landfill) and Recycling Center, the Town Garage, Public Building Maintenance, Car Pool, Sanitary Sewer, and Engineering. The primary missions of the Department range from long-range planning for sanitary sewers to supporting safe vehicle traffic town-wide by repairing and maintaining nearly 300 miles of public and private roadways.

WEDNESDAY, APRIL 24TH @ 1:00 PM SYNERGY AND STACEY MCIVOR FROM RESTORE MOBILE THERAPY

Adaptive Equipment and Home Modification: Thursday, April 24 at 1 pm. SYNERGY HomeCare is proud to sponsor Stacey McIvor and her presentation on adaptive equipment and more. Stacey McIvor, Occupational Therapist from Restore Mobile Therapy, will be presenting adaptive equipment and home modification equipment to help you age in place. Whether you are thinking about adapting your bathroom, having increasing difficulty getting in and out of the shower or getting in and out of bed, Stacey will share a variety of solutions on how to age in place, maintaining your independence as you age. She will also discuss simple tips and tricks on how to reduce your risk of falls. Snacks will be served following the presentation. Please sign up!

MONDAY, APRIL 29TH @ 12:00 PM TOM SWANSON FROM M&T BANK TO SPEAK ON IDENTITY THEFT

Join us for an eye-opening session where you'll learn valuable tips and tricks on how to protect yourself from identity theft, bank theft, and online scams. Our experts will guide you through the most effective ways to safeguard your personal information and financial assets in this digital age. Plus, don't forget to indulge in some delicious snacks while you soak in all the valuable information! Enroll today and take the first step towards securing your peace of mind.

Special Events

MONDAY, APRIL 1TH @ 12:00 PM TRIVIA WITH BRITESTAR CARE

Join the fun with an hour of brain teasers, munchies, and who knows, maybe a sprinkle of mystery!

FRIDAY, APRIL 5TH @ 4-7:30 PM SPRING FLING



FRIDAY, APRIL 5, 4-7PM

AGE: 55 & Up | FEE: \$15

This entertaining event will include music and dancing. Food will be provided by the Newtown High School Culinary Program.

LOCATION: Newtown High Cafetorium
12 Berkshire Road.
Parking & entrance to the cafe is in the back of the high school.

TO REGISTER:
Newtown Parks and Recreation 203-270-4340
Newtown Senior Center 203-270-4310

Please pick up your tickets at the front desk of the Senior center or the Community Center



THURSDAY, APRIL 18TH @ 10 AM- 12 PM

THE NEW WOODWORKING SHOP

8 WEEK CLASS

\$20 MATERIAL FEE

START DATE IS PENDING ON THE ACQUISITION OF MACHINERY AND SUPPLIES
SIGN UP AND PAY AT THE FRONT DESK



Let's Try Scroll Sawing

It is never too late to learn a new skill. Creating with a scroll saw is simple and fun. No prior knowledge of woodworking is necessary to be successful at scrolling. It lends itself to a wide array of techniques, in a variety of materials, which include wood, fabric, felt, paper, cork, plastic, and even thin metal. Scraps of wood, often obtained for free, can be turned into beautiful and useful items. You will learn how to make items you want and things that make excellent gifts.

(Continued on the next page)

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!



Special Events Continued

Let's Try Scroll Sawing continued

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 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.

This is a new program through a Grant from WCAAA and the hard work of Natalie Griffith, John Boccuzzi (FONS), and the new teachers of the woodshop class Harold Patterson and Ken Moliver. The information on future times and days will be given out shortly. Please sign up fast because these spots will be taken up quickly!!

MONDAY, APRIL 22TH @ 2 PM PAINT A MUG OR BOWL FOR EARTH DAY



Looking for a fun craft to do for Earth Day? Try painting a beautiful mug or bowl with a pretty flower or tree or anything you would like!! Sponsored and taught by Ellen and Newtown Commons!

TUESDAY, APRIL 23RD @ 12:30 PM BIRTHDAY CAKE #2!!



Whether it's your special day or not, come on over for a scrumptious birthday cake whipped up by the chef at Newtown Commons! Ellen will swing by, belting out a lively "Happy Birthday" tune for all you April birthday buddies!

WEDNESDAY, APRIL 24TH @ 12PM HEART SPEAK PHASE FOUR



Do you have a heartwarming story you're excited to share with your grandkids or best friends? Picture them relishing your tales at any time they desire! Join our gathering where we'll uncover the secrets to turning those stories into cherished memories. Get ready to immortalize your amazing journey by hitting that magical record button! You might even get to listen to stories from other members as well!

THROUGHOUT THE MONTH OF APRIL BRING IN SOME SNAPSHOTS AND ON APRIL 30TH @ 12:00 REMEMBER WHEN LUNCH

Share some precious photos and memories through April with all the members here at the center. When we get the photos together we will have a fun lunch together with guesses of who's who, some fun Trivia, and a yummy lunch!! Sign up now and start looking in your photo albums!!

Remember When Contest

Bring a photo of your younger self and have fun guessing who's who!



April 30th
12:00-\$5

SPECIAL *Tours*

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

Edmond Town Movie Matinee

Please drive your car or car pool

Senior tickets are \$2.50,
sign up at myactivecenter.com

A movie event on April 12th at 11:30 am requires online sign-up at the Edmond Town Hall. The film "Jules" tells the story of Milton, an elderly man whose life changes when a UFO crashes in his backyard. Despite initial skepticism, Milton, his daughter, and friends form a bond with the alien 'Jules'. The movie is charming and easy to watch, with standout performances, particularly by Ben Kingsley as Milton.

ETH has also updated the concession stand to include many new items!!



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.

Hyde Park

Thursday, April 25th

Hyde Park Bus will leave at 9:00 am - \$20

Hyde Park, NY

- Vanderbilt Mansion National Historic Site and lunch at Coppelas

Come and tour this beautiful "summer" home of the Vanderbilt's. The house and furnishings along with 200 acres to the United States government. The house entered the National Park Service and was open to the public in 1940. It survives today in a remarkable state of preservation. After our tour we will hop back in the bus to go to the restaurant for lunch.

REGISTER
ONLINE - PAY
ONLINE!



Save The Date...

Friday, May 10th Mother's Day Tea

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!!

Saturday, May 25th, Car Fit Event

Get your seatbelt, foot position and closeness to the steering wheel checked to make sure you are in the perfect conditions for driving this summer.

Early May (date TBD) Sourdough 101 with your 1st selectman

Join our First Selectman Jeff Capece, a sourdough wiz, for an interactive and fun couple of hours learning how and sampling sourdough bread. There will be a small participation fee and all these proceeds will be donated to the Faith Food Pantry. This is going to be an event you don't want to miss

Thursday May, 23rd Mohegan Sun

Spend your day at the beautiful Mohegan Sun. Enjoy some slots and games, delicious food, and shopping!!

There are only 11 Spots on the bus, sign up early! \$15 charge.

Calendar of Events: April





Monday

Tuesday

Wednesday

Thursday

Friday

<p>1</p> <p>Sewing Dresses for Missions 9:30 Tai Chi 10:00 Chicken Soup 11:00 TRIVIA 12:00 Zumba 1:00 Chair Yoga 2:30 A</p>	<p>2</p> <p>Fit & Fabulous 9:00 Flex, Fit & Tone 10:00 Art 10:00 Lunch 12:00 Floor Yoga 1:00 pm Acting Class 2:00 Poker 1:00 pm</p>	<p>3</p> <p>Deep Stretch 9:00 Line Dancing 10:30 BINGO LUNCH & LEARN 12:00 CPR TRAINING 1:30 Parkinson Group 1:30 Power Hour 2:15 Technology 2:30</p>	<p>4</p> <p>Chair Pilates 9:00 Spanish 10:30 Line Dance Exercise with Kevin 10:30 Lunch 12:00 Pilobolus 12:00 Chair Yoga 1:00 Move & Groove 2:15</p>	<p>5</p> <p>Floor Yoga 9:00 Broadway Burn 10:30 Knitting 12:00 pm Ping Pong 1:30 Pinochle 2:00 SPRING FLING 4-7:30</p>
<p>8</p> <p>Sewing Dresses for Missions 9:30 Tai Chi 10:00 Chicken Soup 11:00 Zumba 1:00 Chair Yoga 2:30 A</p>	<p>9</p> <p>Fit & Fabulous 9:00 Flex, Fit & Tone 10:00 Art 10:00 Meeting with Social Wker. 11:00 Lunch 12:00 Floor Yoga 1:00 SPEAKER 1:00 Poker 1:00 Acting Class 2:00</p>	<p>10</p> <p>Deep Stretch 9:00 NO CLASS Line Dancing 10:30 History of Fairfield Hills 11:00 BRAIN GAMES 11:00 Lunch 12:00 SPEAKER 2:00 Power Hour 2:15 Technology 2:30</p>	<p>11</p> <p>Chair Pilates 9:00 Blood Pressure 9:30-11:30 Silvertones 10 - 11:30 Spanish 10:30 Line Dance Exercise with Kevin 10:30 Pilobolus 12:00 LAST CLASS Chair Yoga 1:00 ACTING MAKE UP CLASS 2:00 Move & Groove 2:15</p>	<p>12</p> <p>Floor Yoga 9:00 Broadway Burn 10:30 Knitting 12:00 pm EDMOND TOWN HALL MOVIE OUTING 1:00 - 2:30 Ping Pong 1:30 Pinochle 2:00</p>
<p>15</p> <p>Sewing Dresses for Missions 9:30 Tai Chi 10:00 Chicken Soup 11:00 SPEAKER 12:00 Zumba 1:00 ACTING 2:00 Chair Yoga 2:30 A</p>	<p>16</p> <p>Fit & Fabulous 9:00 REFLEXOLOGY Flex, Fit & Tone 10:00 Art 10:00 Lunch 12:00 Floor Yoga 1:00 Poker 1:00</p>	<p>17</p> <p>Deep Stretch 9:00 Line Dancing 10:30 SPEAKER 1:00 Power Hour 2:15 Technology 2:30</p>	<p>18</p> <p>Chair Pilates 9:00 NEW: WOOD SHOP 10-12 Line Dance Exercise with Kevin 10:30 Spanish 10:30 Lunch 12:00 SPEAKER 1:00 Chair Yoga 1:00 NO CLASS Move & Groove 2:15 NO CLASS</p>	<p>19</p> <p>Floor Yoga 9:00 NO CLASS Broadway Burn 10:30 Knitting 12:00 LUNCH & LEARN 12:00 Ping Pong 1:30 Pinochle 2:00</p>
<p>22</p> <p> Sewing Dresses for Missions 9:30 Tai Chi 10:00 Chicken Soup 11:00 LUNCH & LEARN 12:00 BOOKCLUB 12:30 Zumba 1:00 CRAFT 2:00 Chair Yoga 2:30 A NO CLASS</p>	<p>23</p> <p>Fit & Fabulous 9:00 PARTY WITH PUBLIC WORKS 10:00 Flex, Fit & Tone 10:00 Art 10:00 Lunch 12:00 BIRTHDAY CAKE 12:30 Floor Yoga 1:00 Poker 1:00</p>	<p>24</p> <p>Deep Stretch 9:00 Line Dancing 10:30 HEART SPEAK 12:00 Dance with Matt 1:00 SPEAKER 1:00 Power Hour 2:15 Technology 2:30</p>	<p>25</p> <p>HYDE PARK OUTING 9:00 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>26</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>29</p> <p>Sewing Dresses for Missions 9:30 Tai Chi 10:00 Chicken Soup 11:00 SPEAKER 12:00 Zumba 1:00 Chair Yoga 2:30 A</p>	<p>30</p> <p>Fit & Fabulous 9:00 Flex, Fit & Tone 10:00 Art 10:00 REMEMBER WHEN TRIVIA & LUNCH 12:00 \$5 Floor Yoga 1:00 Poker 1:00</p>	<p> POOL ROOM IS OPEN MONDAY THROUGH FRIDAY 9-4 EXCEPT DURING LARGE PARTIES AND GATHERINGS</p>	<p> SHUFFLEBOARD IS OPEN FOR PLAY M 9-4, T 9-1, W 9-12, TH 9-4 F 9-1:30, NO PLAY DURNING CARD GAMES</p>	<p></p>



The Newtown

SENIOR CENTER

APRIL 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.**

Tues. April 2nd 12:00

ITALIAN BREAD
SHRIMP SCAMPI OVER FETTUCCINE
ANTIPASTO SALAD
ASSORTED COOKIES

Tues. April 16th 12:00

ITALIAN BREAD
CHICKEN PARMIGIANA
RICE
TOSSED SALAD
ASSORTED COOKIES

Thurs. April 4th 12:00

ITALIAN BREAD
PASTA PRIMAVERA WITH CHICKEN
TOSSED SALAD
ASSORTED COOKIES

Thurs. April 18th 12:00

ITALIAN BREAD
SOLE WITH WINE & BUTTER SAUCE
GREEN BEANS
ROASTED POTATOES
ASSORTED COOKIES

Tues. April 9th 12:00

ITALIAN BREAD
EGGPLANT PARMIGIANA
GARLIC NOODLES
CAESAR SALAD
ASSORTED COOKIES

Tues. April 23rd 12:00

CHEESY GARLIC BREAD
FETTUCCINI ALFREDO
WITH GRILLED CHICKEN BROCCOLI
TOSSED SALAD
ASSORTED COOKIES

Wed. April 10th 12:00

CHEESY GARLIC BREAD
GRILLED CHICKEN
CAESAR SALAD
ASSORTED COOKIES

Thurs. April 25th 12:00

ITALIAN BREAD
CHICKEN A LA NICKS
ROASTED VEGETABLES
RICE
ASSORTED COOKIES



Tues. April 30th 12:00

ITALIAN BREAD
SAUSAGE, PEPPERS AND ONION GRINDER
TOSSED SALAD
ASSORTED 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.



23/24 Health-Wellness-Fitness Classes

SIGN-UP for all classes at myactivecenter.com.

Pre-registration is REQUIRED.

2023/2024 membership year the Health & Wellness classes will include a fee for non-residents of \$4 per class.

Our low membership fees will 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 23/24 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-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!

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."

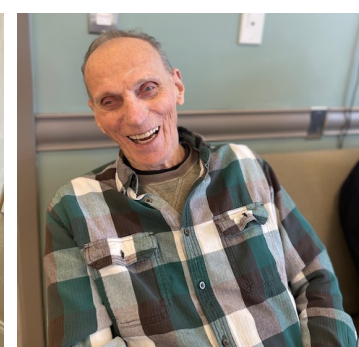
www.heidrunglasscreations.com - heidrunmorgan@gmail.com



FUN IN MARCH



FUN IN MARCH



Name _____

April Word Search

X	T	L	S	Z	L	W	S	V	V	F	V	L	D	I
E	Q	J	J	E	O	R	B	H	B	G	R	A	Z	P
H	T	Z	D	I	I	J	E	D	E	P	S	A	Y	T
R	R	M	H	K	H	L	H	T	Y	E	L	N	L	B
A	I	D	E	L	V	R	F	Z	S	B	P	T	B	N
N	C	K	Y	D	Z	A	G	R	Y	A	N	E	X	L
A	K	C	N	X	S	W	E	K	E	R	E	D	Z	Y
P	S	C	N	G	T	W	F	A	V	T	K	W	C	L
A	G	J	U	L	O	J	S	D	B	L	T	F	J	M
L	C	R	S	L	R	O	P	Z	U	H	E	U	M	H
I	N	R	F	J	V	D	R	U	N	L	H	O	B	N
R	L	P	A	L	V	A	I	Y	N	G	T	G	I	T
P	D	B	L	I	V	I	N	U	I	W	R	Q	R	Y
A	T	F	W	Y	N	W	G	B	E	S	A	B	D	J
R	W	W	Q	X	K	A	K	C	S	M	E	Y	S	F

April

Birds

Sheep

Spring

Bunnies

Easter

Rain

Sunny

Earth

Flowers

Tricks

Butterflies





Newtown
Senior
Center

MORE INFORMATION

Newtown Commission on Aging

**Next Meeting: APRIL 15Th @ 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
D- LEREINE FRAMPTON Treasurer 203-948-4253
lereinebus@gmail.com TERM: 1/6/24-1/6/27
U- CLAIRE THEUNE 203-304-8166 ctheune@att.net
TERM: 1/6/24-1/6/27
D-PATRICIA GOGLIETTINO 203-770-7395
triciagog@live.com TERM: 1/18/22-1/6/25
U- XIAO HAN 912-398-5498
lilian861117@hotmail.com TERM: 1/6/24-1/6/27
D- WILLIAM DARRIN 203-426-4818
billdarrin@charter.net TERM: 1/6/23-1/6/26
U- PAT BAILEY 203-426-3287
patbailey108@charter.net TERM: 9/18/23-1/6/25
D- MICHAEL STERN 203-417-7996
msternphd@gmail.com TERM: 1/6/24-1/6/28

Alternates

D- JUDIT DESTEFANO 203-906-9226
judit.destefano@gmail.com TERM: 1/6/23-1/6/25
R-STEPHEN RICCITELLI 203-521-7721
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

Follow us on Facebook
NewtownSeniorCenter



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 dragon fly will receive a special prize.