NEWSLETTER

News for and about Newtown Seniors
A publication of the Newtown Senior Center

September 2022

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

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.

ZUMBA GOLD W/MATTHEW
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 AND 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
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 cardiovascular fitness).

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. Dress comfortably.

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.

CHAIR YOGA W/EILEEN
Thursday at 1:00 pm
This is a great class and is geared for those who have knee and/or hip limitations. Helps with flexibility, strength, and balance. Ends with meditation. You’ll feel fabulous!

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 cardiovascular fitness).

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.

BROADWAY BURN W/MATTHEW
Friday at 10:30 am
Fun and heart-pounding cardio stretch 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. This class is geared to 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.
**CRAFTING CREW**  
Revised schedule coming soon!  
Do you have a craft that you would like to work on independently? Join this group that works on the Christmas Bazaar and other craft events throughout the year! In the meantime please feel free to stop in and use the room and the materials.

**CHICKEN SOUP FOR THE SOUL**  
Monday 11:00 am  
Women’s Discussions Group - come and discuss recipes, family traditions, & women's issues. Come and share your story.

**PING PONG PLAYERS GROUP**  
Monday 2:00 pm  
Bring a friend and enjoy a great game in the exercise room. Open play.

**ART CLASS W/LYNN**  
Tuesday 10:00 am-12:00 pm  
Find your inner artist! Students of all skill levels are welcome. Watercolors, acrylics, oil paint, pastels, colored pencils, watercolor pencils will be provided. Come and discover your media of choice or continue to work with your favorite in a relaxed and sociable environment.

**TECHNOLOGY ASSISTANCE W/ZACK**  
Thursday from 2:30 - 4:00 pm *NEW TIME*  
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.

**MEN & WOMEN’S POKER GROUP**  
Tuesday 1:00 pm  
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.

**SPANISH LESSONS W/LOUISE**  
Thursday 10:30 am-11:30 am  
First class September 1st - sign up at the Front Desk!

**KNITTING & CROCHETING GROUP W/ JANE**  
Friday 12:00 pm  
Over 10 wonderful women join together each Friday for the past 30 years. Come and be a part of the group.

**POETRY *NEW***  
Please sign up at the front desk if you are interested in poetry. Date and time TBD.

**BRIDGE GROUP *NEW***  
Please sign up at the front desk if you are interested in playing bridge. If enough people are interested, this group will meet on Wednesdays at 11:00 am.

**AMERICAN HEART ASSOC. WALK *NEW***  
Wednesdays & Fridays at 1:00 pm  
This program is the #1 in-home walking program worldwide and is now available on YouTube. We will now be streaming this program in the health & wellness room! Join Leslie Sansone, an internationally recognized fitness expert and creator of the Walk at Home fitness program.
MONTHLY PROGRAMMING

MODIFIED EXERCISE CLASS W/ STEPHANY FROM NEWTOWN REHABILITATION
Exercise is wonderful for people with all neurological disorders. It leads to increased independence with movement & a higher quality of life. Meets every second Tuesday of the month. *Limit 15 Participants* Registration Required.
Tuesday September 13th 11:15 am

SIT & TALK: THE HISTORY OF FAIRFIELD HILLS W/ANN MARIE MACEY & DR. SONIDO
Every second Tuesday of the month join this group to learn about the history of Fairfield Hills
Tuesday September 13th 11:00 am - 12:00 pm

REFLEXOLOGY W/EILEEN
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, cost is $35 per session. Sessions are on the 3rd Tuesday of each month. Appointments are made through Eileen Byrnes, a certified reflexologist and yoga instructor at the Center. Eileen@eileenbyrnes.com.
Tuesday September 20th - appointments starting at 9:00 am

SILVER TONES
If you enjoy singing or playing a musical instrument come join a group of music aficionados that enjoy singing and having fun. No qualifications are necessary to join, simply open your musical heart, relax and begin to sing some of the oldie melodies that surely will bring sweet memories of years past.
Thursdays September 8th & 22nd 9:30 - 11:30 am

WESTERN CT PARKINSON GROUP
The group meets on the first Wednesday of the month. People with Parkinson’s, family members, caregivers and anyone interested in learning about Parkinson’s Disease is welcome.
Wednesday September 7th 1:30 pm

COFFEE AND CONVERSATION WITH THE FIRST SELECTMAN
First Selectman Daniel C. Rosenthal will join us for coffee and conversation
Wednesday September 14th 9:30-10:30

NEWTOWN SENIOR CENTER BOOK CLUB "NEW"
The book club is coming back! Join them for a discussion of your favorite books and to hear the upcoming selections. Books will be available through the CH Booth Library or you may purchase books on your own.
Monday September 26th 12:30 pm

BLOOD PRESSURE SCREENING
Join Joan Santucci, Public Health Nurse, for your screening in the NSC Health Room.
Thursday September 8th 9:00 - 11:00 am

MEMOIR WRITING W/NANCY
Ever wonder what will happen to all those wonderful stories hidden within your photo albums and shoeboxes full of memorabilia? Here is a special way to share and pass down those memories.
Wednesdays September 14th & 28th 2:00 pm
** PLEASE SIGN UP NO LATER THAN A WEEK PRIOR TO THESE EVENTS **

FRIDAY SEPTEMBER 2ND @ 12:00 PM . . . LABOR DAY PARTY
Come for a fantastic lunch when the woodfired pizza truck rolls around the back of our building and serves up hot, delicious pizzas & salad. Followed by BINGO with our new bingo set! Will you leave a WINNER? $4.00 Per Person. Limited 50 reservations.

FRIDAY SEPTEMBER 9TH @ 12:00 PM ....FOOD IS MEDICINE
Diet and food can influence your health both in a positive way or a harmful way. Come learn with Judy Prager and find out how the food you choose can affect you.

FRIDAY SEPTEMBER 16TH @ 12:00 PM .....THE 4 PILLARS OF THE NEW RETIREMENT W/MARIA XAVIER
An extensive study by Edward Jones and Age Wave uncovered four essential “pillars” that can impact your quality of life in retirement. Please join us for “The Four Pillars of the New Retirement,” to learn about these essentials and other eye-opening insights that can help you get ready for your next chapter.

SATURDAY SEPTEMBER 17TH & SUNDAY SEPTEMBER 18 @ 11:00 AM - 5:00 PM .....NEWTOWN ARTS FESTIVAL @ FFH SOCCER FIELD
Now in its 10th year, the Festival showcases all forms of creative expression – visual arts, dance, music and even science – in the setting of a town-wide celebration. This special event is the product of hundreds of people coming together and sharing their artistic expression. Stop by and visit the Senior Center, Commission on Aging and Friends of Newtown Seniors tents and come watch the Senior Center Line Dancers under the Dance Tent at 4:00 pm on Sunday! $5 admission fee. No sign up necessary.

FRIDAY SEPTEMBER 23RD @ 12:00 PM.....CHIROPRACTIC CARE W/ADALIZ GOMEZ
Do you know what controls everything in your entire body? Do you know how your brain communicates with the rest of your body? Your spine protects your lifeline, aka your spinal cord! When you have misalignments in your spine, not only will that cause loss of mobility and pain, but your organs will not work the way they were designed to do! Dr. Adaliz is a chiropractor in Monroe. Her focus is detecting and correcting subluxations, aka misalignments in your spine that are causing an interference of that brain to body connection! Subluxations are the root cause of poor health and decreased performance in your everyday life. True optimal health and performance stem from the spine. This talk will educate you all on how the entire body works as a whole and how anything is possible when subluxations are removed, with your health in mind. With that being said, have you ever had your spine checked?

FRIDAY SEPTEMBER 30TH @ 12:00 PM. . . . LIVE ENTERTAINMENTW/SJK JAZZ
SJK JAZZ will be entertaining Senior Center members on Friday September 30th from noon to 1:00. Please join us for popular tunes of the Great American Songbook, as well as many well-known jazz standards! Sign up at the Front Desk. Sponsored by Church Hill Village.

SUNDAY SEPTEMBER 25TH 2:00 - 4:00 pm….SOCK HOP
Celebrate Grandparents Day with a Sock Hop! In partnership with the Newtown Community Center join us for a 50's & 60's traditional dance party. Sock hop attire optional! This event will be held in the Newtown Community Center, brought to you by the Newtown Senior Center and Community Center. COST: free. Call Senior Center to reserve your spot on the dance floor.

SENIOR CENTER TOUR

WEDNESDAY SEPTEMBER 28 @1:45. . . . CT GOVERNORS HORSE GUARD
Meet at 4 Wildlife Dr, Newtown, CT 06470 and learn all about the history of our Horse Guard. One of the last active cavalry militia units in the United States in service since 1808. You are welcome to bring carrots for the horses. COST:FREE
WEDNESDAY SEPTEMBER 7 @ 2:00 PM . . . UNLEASH YOUR INNER PICASSO
Join us for a fun scarf painting class. You will leave with a beautiful, ready-to-wear silk scarf, designed and painted by you! No artistic ability needed. Presented by: Danielle Ramos of Bethel Health Care Center. Max of 12 people.

TUESDAY SEPTEMBER 6TH @ 11:15 AM . . . HEALTHY SKIN & BEAUTY
Beauty starts from the inside out. Join Laura Batista as she discusses healthy skin, hair and nails.

THURSDAY SEPTEMBER 8 @ 2:00 PM . . . STAYING HEALTHY THIS SEASON
Joan Santucci, Community Health Nurse, will discuss important information regarding Flu season and how to stay healthy through the Holidays!

FRIDAY SEPTEMBER 9TH @ 1:00 PM . . . MEDICARE WITH WESTERN CT AREA AGENCY ON AGING
Learn about preparing for Medicare Open Enrollment, lowering the costs of your drugs, Medicare premiums, deductibles and copayments. Also learn how to detect and report Medicare errors or fraud. This session will help Medicare beneficiaries take charge of their healthcare benefits!

WEDNESDAY SEPTEMBER 14 @ 1:00 PM . . . MAKE YOUR VOTE COUNT
LeReine Frampton will discuss how to register or change your address, where to vote, as well as how to make arrangements to receive a ride to the polls or how to receive an absentee ballot if you cannot vote in person. The Registrar of Voters are also always looking for volunteers at the polls. This is not a political discussion - this is just accurate information on the process of voting and making it count!

THURSDAY SEPTEMBER 15 @ 2:00 PM . . . ESSENTIAL OILS SERIES WITH COMMUNITY HEALTH NURSE, JOAN
In this 3rd class, we will continue to explore the benefits of 100% Pure therapeutic grade essential oils. Join community health nurse, Joan Santucci for an interactive program discussing the benefits of High frequency, pure, therapeutic grade essential oils as we enter the change of season. We will discuss the many benefits of these oils and how you can use them in daily life to support your wellbeing. Participants will have an opportunity to sample some Fall favorites and leave with a special Fall blend Roller Ball. 15 reservations are available, $5.00 per person

MONDAY SEPTEMBER 19TH @ 11:00 AM . . . RITA’S AFRICAN SHOW
A striped red “basuti” wrap-dress to wear, a “chi” bowl for carrying fruit and a “mukaka” mat for sitting on a sunny day — those are just some of the dozens of items Uganda native Rita Kabali Wagener displays during this cultural presentation by Kabali Wagener. Sponsored by Church Hill Village.

WEDNESDAY SEPTEMBER 20TH 9:00-11:00 AM . . . NEWTOWN HEALTH DEPARTMENT - FLU SHOTS
Flu shots will be available between 9:00 am and 11:00 am. No appointments necessary.

WEDNESDAY SEPTEMBER 21ST 1:00 PM . . . THE NEWTOWN SENIOR CENTER MOVIE THEATER
Join us for popcorn and a movie! This month’s blockbuster: Uncharted. Treasure hunter Victor "Sully" Sullivan recruits street-smart Nathan Drake to help him recover a 500-year-old lost fortune amassed by explorer Ferdinand Magellan. What starts out as a heist soon becomes a globe-trotting, white-knuckle race to reach the prize before the ruthless Santiago Moncada can get his hands on it. If Sully and Nate can decipher the clues and solve one of the world’s oldest mysteries, they stand to find $5 billion in treasure -- but only if they can learn to work together. Feature film at 1 pm and Lunch w/LeReine at noon.

FRIDAY SEPTEMBER 23 @ 2:00 pm . . . TRIVIA WITH LARRY & ZACH
This month test your knowledge with these new topics: Name at Birth, Lyrics, South America, Game Shows, & Heroes and Villains. Will your team be deemed trivia champs?!

FRIDAY, SEPTEMBER 30 @ 2:00 PM . . . THE 50 STATES WITH LARRY & ZACK
Come and join Larry & Zach for a trip around our country. The United States is the only country with mountains & canyons, tropics & tundra, deserts & plains. In order of admission to the union, we will tour each state and see how they contributed to the building of a nation. Discover the events, tourist attractions and inventions each state is known for. Hear facts that identify the state and meet some of its famous citizens. Afterwards, you might consider revising your bucket list.
NEWTOWN SENIORS PARTY IN THE PARK

Scenes from Dickenson Park ~ August 12, 2022
Picnic in Park with The Conroy Warren Band
Brought to our seniors by the Senior Center and Parks & Recreation
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 203-837-6433.

TECH OUTREACH- C. H. BOOTH LIBRARY
For patrons unable to leave their homes, C. H. Booth Library now offers homebound support for library technical help at no charge. An outreach librarian can come to your home and help with any library services such as creating a library account, setting up Libby, accessing digital ebooks and audiobooks on Overdrive, setting up Hoopla and Kanopy on your TV, registering for programs, or any other library service. Please email reference@chboothlibrary.org for more information or to make an appointment. Technology help is also 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. Pantry is open Tuesday 9:30 to 11:30 a.m. and Thursday 6-7:30 pm. Donations to the Pantry can also be made at these times, and at locations around town. Items always needed: soup, canned fruit, rice, tomato products, cereal, peanut butter/jelly, personal products, cat/dog food.
For more information: 203-426-5604. www.newtownfoodpantry.org

UNITED WAY HEALTHY SAVINGS PROGRAM
Healthy foods, including fresh fruits and vegetables, can be difficult to access due to many barriers including cost, convenience, and availability. The Healthy Savings Program offers substantial discounts at the grocery store that help shoppers increase their purchasing power and put more fresh, nutritious food on their tables. Older adults on fixed incomes can buy fresh foods that support better health and quality of life. With a Healthy Savings card or the mobile app, shoppers receive $10 of free fresh produce per week. No minimum purchase or match required! Shoppers can also save up to $50 per week (or even more) on pre-qualified healthy food staples, such as lean meats, milk, bread, eggs, yogurt, cheese, beans, and more.
Sign up at prosperity.org, questions contact the United Way at 203-883-0879

MUNICIPAL AGENT FOR THE ELDERLY
(203) 270-4330

NEWTOWN CHORE SERVICES
Friends of Newtown Seniors (FONS) Chore Services is a service to support Newtown Seniors with the ability to remain in their home safely, independently, and comfortably. FONS volunteers can assist with numerous chores. Clients can make a donation to FONS for these services according to their income. For larger, more complex jobs Chore Service maintains a list of vetted, highly recommended professionals, vendors known to be reliable that can assist with electrical, plumbing, carpentry, home remodeling, and landscaping, just to name a few. Fees for these services are based on the individual contractor and not considered volunteer services. Don’t let small issues go until they become large problems.
Call Bev Bennett Schaedler, Coordinator 203-430-0633 fonschoreservices@gmail.com

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

TRANSPORTATION OPTIONS:
SweetHART Bus
For Reservations (203) 748-251
Cancellations/Confirmation (203) 830-4399
Comments/Questions (203) 744-4070
Be Driven (203) 426-7820
CARE Rides (203) 219-6273

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.
For free food for your pet, please ask the front desk.
NEWTOWN ARTS FESTIVAL
A CELEBRATION OF THE ARTS
SEPTEMBER 16-18, 2022
FAIRFIELD HILLS, NEWTOWN, CT
TENTH ANNIVERSARY
NEWTOWNARTSFESTIVAL.COM @NEWTOWNARTSFESTIVAL
SPONSORED BY THE NEWTOWN CULTURAL ARTS COMMISSION
We will be closed for Labor Day Monday, September 5th 2022

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 Newtown Senior Center, Center for Active Living.

Located at 8 Simpson Street, 203-270-4310
Natalie Jackson, LCSW, Director of Human Services
Natalie.Jackson@Newtown-ct.gov
Jennifer Faircloth, Senior Center Assistant
Jennifer.Faircloth@Newtown-ct.gov

Located at 28 Trades Lane, 203-270-4330
Corinne Ofgang, LPC, Clinical Manager
Corinne.Ofgang@Newtown-ct.gov
Alyssa Cole, MSW, Care Navigator
Alyssa.Cole@Newtown-ct.gov
Jackie Watson, Case Manager
Jacqueline.Watson@Newtown-ct.gov

NEWTOWN COMMISSION ON AGING COA

D- ANNE ROTHSTEIN Chair 203-426-2334 arothstein@aol.com
R- BARBARA BLOOM Vice Chair 203-648-6905 bbloom4388@aol.com
R- JOANNE ALBANESI 203-304-1401 jalbanesi@charter.net
U- LARRY PASSARO 203-426-1346 Passer624@aol.com
D- LEREINE FRAMPTON 203-948-4253 lereinebus@gmail.com
U- CLAIRE THEUNE 203-304-8166 ctheune@att.net
D-PATRICIA GOGLIETTINO 203-770-7395 triciagog@live.com
U- NICOLE CAMPOREALE 973-943-9668 nicole@wileylegal.com
D- LIA LEVITT 203-947-5271 lialevitt@gmail.com

Alternates
D- William Darrin 203-426-4818 billdarrin@charter.net
U-Xiao Han 912-398-5498 lilian861117@hotmail.com
D- Judit Destefano 203-906-9226 judit.destefano@gmail.com

IMPORTANT INFORMATION ABOUT OUR MEAL PROGRAM

The Newtown Senior Center will be bringing you several special lunches, with Lunch with LeReine

Menus will be announced via constant contact a week prior, or check with the front desk for upcoming meals and to make your reservation!