

Volume 25
Issue 1
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2025

The New Sun Times

New Fairfield Senior Center Newsletter

From the Desk of Director Kathy Hull:

Cheers to the New Year! Another year of making memories with friends both new and old. We have some new and interesting programs at the Senior Center, too. Enrich yourself with a writing class, try ballroom dancing, or take a trip through the Finger Lakes and sip some wine. There are so many ways to participate. Ask us about volunteering, too. Make 2025 a memorable year. We are here to help with that.

December 2024



Pat with the Red Hats at the Talbot's Fashion Show.



Crafting with Danielle



At the '76 House, the oldest tavern in America, we learned what it was like to be a Revolutionary War soldier



Robin & Loretta on a beautiful day at the Lyndhurst Mansion



Alice shows off her Holiday Sprays



Gemma wishes everyone Peace in 2025

Kay served cider while Lori-Ann Beninson discussed Emergency Management with seniors



Tax-Aide 2025

Mondays during tax season at the Senior Center

AARP Foundation Tax-Aide provides tax assistance to anyone, **free of charge**, with a focus on taxpayers who are over 50 and have low to moderate income.

You don't need to be an AARP member to use the service.

Volunteers are IRS-certified every year, so they understand the latest changes and additions to the tax code.

You can choose to have an IRS-certified volunteer

a. prepare your taxes or

b. provide coaching so you can prepare them yourself.

Call 203 312-5665 to schedule an appointment.

Medicare Advantage Open Enrollment Period (MA OEP)

January 1st to March 31st each year.

Medicare Advantage (Part C) Open Enrollment Period (MA OEP) is January 1st to March 31st each year. This is the time when you can make changes to your existing Medicare Advantage plan **if you're already enrolled in one.** Questions? Call 1-800 994-9422

Enjoy volunteering & taking on a new challenge?

Become a certified SHIP/CHOICES counselor in your community and be the expert on all things Medicare! As a certified counselor, you will guide your peers through their healthcare options, helping them make informed, unbiased decisions for healthier living. Join us and make a difference! Sign Up Today & Lead Your Community to Better Health!

Winter/Spring Training Session starts soon...

Application deadline is January 10th, 2025

Contact the SHIP program at 203-757-5449 x 4

or 1800-994-9422 to get started!

Movies: Fridays at 1:00

Relax with friends and snacks.

“The Love Punch”: January 3, Divorcees (Pierce Brosnan, Emma Thompson) enlist the aid of a married couple to get their stolen retirement money back from a corrupt French businessman.

“Then She Found Me”: January 10, Life deals a few heavy blows to April (Helen Hunt), a 39-year-old schoolteacher. Though she is desperate for a baby, her husband (Matthew Broderick) has decided to end their brief marriage. April barely has a chance to recover from the shock, when Bernice (Bette Midler), a brassy and selfish TV personality, barges into her life, claiming to be her mother.

TV Shows of the 50's and 60's January 17, We know you'll enjoy this as a substitute for the movie. Please join us.

“Love, Weddings and Other Disasters”: January 24, A fussy celebrity caterer, a blind woman, a tour-bus guide and an inexperienced wedding planner search for love.

“And So It Goes”: January 31, Nobody likes real-estate agent Oren Little (Michael Douglas), and he prefers it that way. Oren's life turns upside-down when his estranged son drops off a granddaughter (Sterling Jerins) he didn't know existed. He pawns the girl off on his neighbor, Leah (Diane Keaton) -- but he learns how to open his heart eventually.

Some regularly scheduled programs:

Wheel of Fortune: *Mondays other than 1st Monday at 1:00* You can play either in person at the center or via zoom.

Technology Assistance: *Mondays and Wednesdays, 1:00 pm* James offers assistance with any of your devices. Contact us to schedule your free appointment.

Stitch by Stitch Quilting: *Tuesdays & Fridays at 10:00*

Investment Club – Tuesdays 1:30 pm

Meet weekly in the Community Room to share money lessons and tips on stocks and portfolios shared with like-minded individuals.

Women’s Pool: *Tuesdays 12:00 –2:00*

Men’s Pool: *Tuesdays at 2:00 –4:00*

These groups get together every week to play pool. No experience necessary.

Art Class: *Wednesdays or Thursdays at 10:00*

Dominick Tomanelli, a gifted artist in many mediums, leads this weekly class. \$35 for a 6 week session.

Sit n Stitch: *Wednesdays at 10:00*

Novice to experienced knitters are welcome! If you need help, there is always someone to offer it.

Cards and Games: *at 1:00* This is a great time to put a group together to play your favorite game.

Blood Pressure Screening: *Wednesdays & Thursdays at 9:00-12:00*

French Conversation Class: *Thursdays 9:00 am*

This casual class with Claire Tuffereau is for those who have a basic knowledge of French and want to keep that alive, \$30 for a 6- week session

Cornhole: *Mondays & Thursdays at 3:00*

Show your cornhole skills and have some fun. Show up and join a team.

Spanish: *Every Friday at 9:00 am*

Tatiana makes learning Basic Spanish a fun activity. Sign up for free.

“Free Dance”: *Fridays at 11:00 am* Tatiana is back to lead us in an enjoyable way of movement.

Crafts: *Fridays at 1:00* This group gets together every week to work on crafts for the craft fair.

This is a good time to purchase their items at the Sunshine Boutique for holiday gift giving.

** SOME SPECIAL PROGRAMS **

NEW! Senior Medicare Patrol Roundtable: *Monday, January 13 at 2:00* The mission of the Senior Medicare Patrol (SMP) program is to empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse through outreach, counseling and education. Meet their newest representative, **Trevor Reeves**. Trevor will fill you in on what to watch out for and you can share your concerns.

New Short Story Writing Class: *Friday, January 17 at 10:00*

Do you dream in color? Put it on a page and paint a picture in someone else’s mind! No experience necessary. Read your work to other writers. This fun stress-free class is a great place to start to become a better writer. Only \$75.00 for 6-week class.

TV Shows from the 50’s and 60’s: *Friday, January 17 at 1:00*

Synergy Home Care is hosting Steve Armstrong who will lead a discussion about the TV shows from 1950’s and 60’s. Steve is an adjunct faculty at Central Connecticut State University and a State of Connecticut Historian. He will have a conversation with attendees while showing videos of some of the most popular shows. This is the perfect replacement for our Friday movie. Sign up, enjoy and reminisce.

Housing Market Update: *Wednesday, January 22 at 1:30 pm.* Melissa Luks Fidanza will bring back the Luks Realty team to fill us in on the most up-to-date housing market condition. They are making themselves available for all your questions.

Danbury Fair Presentation: *Wednesday, January 29, 1:00*

Brigid Guertin, executive Director of the Danbury Museum and Historical Society, will be here to give a presentation on the history of the Danbury Fair. She will bring artifacts and a wealth of information to share about the Fair. Synergy Home Care is sponsoring this program.

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

Garden Club: *Friday, January 3 at 10:00 am*

Garden Club members meet the first Friday of every month. Newcomers are welcome. Odd months we meet at the Senior Center, even months we meet at Putnam Diner

Caregivers Support Group – *Saturday, January 4, 10 am*

Maureen Salerno, LCSW, offers a session at the Center once a month for caregivers for support and information.

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

Men's Breakfast Club *Tuesday, January 7, 8:30 am*

Enjoy some hot catered breakfast foods. Donations are kindly requested to offset the cost of breakfast. This month James Kloos will talk about IT

Craft with Danielle – *Tuesday January 7, 1:30 pm*

Danielle Ramos of Bethel Health Care and the Cascades will bring everything you need for a DIY flannel tree. Sign up to be sure she can bring enough.

Bronx Club: *Wednesday, January 8 at 11:00*

We will share memories and experiences and meet other "Bronx Transplants". We may live in Connecticut now, but our hearts will always be in the Bronx!

Prayers for Peace: *Wednesday, January 8 at 3:00*

People of all faiths are welcome to join us to share prayers and inspirational writings for both inner peace and world peace. Participants can bring a prayer or quote or choose available prayers and writings from all religions and many themes. Hosted by Susan and Michael Dutton.

COA Listening Session: *Thursday, January 9 at 10:00am*

Members of the Commission on Aging will be here to meet you and hear your concerns.

***Walking Club:**

January 14 at 10:30 Walking Club Meeting,

All other Tuesdays meet at 9:30 for a walk.

January 7 - Lakeside Pawling

January 21 - Richter Park

January 28 - Wooster Cemetery

Judge Martin Landgrebe: *Friday, January 10 10:00 – 12:00* Bring questions on different aspects of probate that you may have, including guardianships, living trusts, unclaimed property, estate taxes and administering decedents' estates. Contact us to schedule your appointment.

Origami with Dirk: *Tuesday, January 14 at 1:00* Dirk Fernandez will be here to lead a class in Origami. Everyone will be making their own Origami woven heart project that they can bring home to enjoy. All materials will be supplied.

Discussion Group with Kathy: *Tuesday, January 21 at 1:00pm.*

We look forward to exploring and sharing thoughts.

Foot Reflexology Appointments with Eileen Byrnes: *Tuesday, January 24 at 9:00 and Friday, January 28 at 1:00* Reflexology reduces stress, promotes relaxation, improves circulation of oxygen and nutrients, also detoxifies and cleanses the body. Eileen Byrnes, nationally certified reflexologist, provides one-on-one therapy appointments twice a month. Since this is partly funded by the Friends of the NFSC, you may sign up for a 30-minute appt. for only \$25.

Intuitive Readings: *Monday, January 27 at 1:00*

Intuitive readings are sessions where a professional reader will read your energy vibrations. Based on the issues she will work with you to empower you. Sign up for your 15 minutes with Courtney Stark for \$15.00.

Red Hat Luncheon : *Tuesday, January 28 at 1:00*

The Sunshine Rambling Roses is the only New Fairfield officially registered chapter of the Red Hat Society. We are holding out our red-gloved hands and inviting you to join us at our next monthly luncheon, sign up required.

Women's Book Club: *Thursday, January 30 at 11:00*

We will be reading "The German Girl" by Armando Lucas Correa. There is a monthly fee of \$4.

EXERCISE

Zumba: *Mondays or Wednesdays at 9:30am*

Zumba is the type of exercise you'll want to do every day and feel good about! Six week session is \$30

Bodies in Motion: *Mon., Wed. and Thurs. at 11:00* Easy-to-follow free class with up-beat music

Tai Chi/qigong: *Tuesdays at 10:00*

Improved stress reduction, balance, and agility is the focus of Tai Chi. Six-week session is \$30

Chair Yoga: *Tuesdays at 1:00* Yoga classes weekly led by instructor Karen Gillotti. Six week session is \$30

Movers and Shapers: *Thursday, 9:30 am* One-hour variety of exercises designed to increase strength, endurance, and range of movement. Led by certified instructor Coleen Krempel, a six-week session is \$30

Sittercise: *Wednesdays at 12:30* Sittercise is a free 45-minute exercise program designed for use with all levels of ability including the physically challenged. Led by Eileen Walther

After Hours Yoga: *Wednesdays at 5:15* Yoga classes weekly with Lara Ward.

Six week session is \$30.00.

Moderate Yoga: *Tuesdays at 9:00 with Lara Ward. Fridays at 10:00* led by instructor Karen Gillotti.

This 6 week session is \$30.

TRIPS

For complete details, stop in for a flyer or download one from our website:

<http://www.newfairfieldseniorcenter.org/trips>

Your check made out to N.F.S.C. is your reservation for day trips

Please note that your check holds your spot and that our buses are loaded based on the date that you register with your check. We are required to give a final count 4-6 weeks in advance and cannot give you a refund after that time unless the trip is full and another traveler takes your place. If the trip has filled and we have a waiting list, we will attempt to fill your spot and have you reimbursed.



Valentine Dance at Lauralton Hall

Wednesday, February 12, 2025

Includes: Music, Line Dancing, Tour of the Victorian Mansion, and light Refreshments

Transportation by Carriage Limo

Cost: ONLY \$30

Depart: 12:30 pm Estimated Return: 4:30 pm



St. Patrick's Day Celebration

At the Aqua Turf

Tuesday, March 11, 2025

The MacLean Avenue Band & Irish Step Dancers

Menu: Salad/Pasta/Corned Beef and Cabbage/Baked Cod/Chef Choice Vegetables,/Dessert

Cost: \$100 Depart: 9:00 am Estimated Return: 5:00 pm

Wine, Waterfalls, and Wonder

June 4-6, 2025

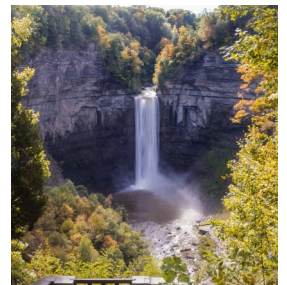
Serene journey through New York's Finger Lakes, where natural beauty, rolling vineyards, and charming villages meet culture and warm hospitality.

Highlights: 2 Wine Tastings, 2 Special Dinners, Taughannock Falls, Canandaigua Lake Cruise, Sonnenberg Home and Gardens, Corning Museum and Glass Works, 2 nights at the Geneva Fairfield Inn

Also: Luxury Motorcoach roundtrip from CT, Breakfast Daily, and all Taxes.

Cost: \$925 double; \$1,116 single

\$50/person Early Bird discount if booked by February 1



Get the complete details at the presentation on Tuesday, January 14 at 10:30 am (Snowdate: Jan.21)

New Fairfield Senior Center

33 Route 37

New Fairfield, CT 06812

Phone (203) 312-5665

New Short Story Writing Class: *beginning Friday, January 17 at 10:00*



Your story may mean to entertain or to inform, but the best stories will put your imagination on a page and paint a picture in someone else's mind! You can become more skillful. Write and read your work to other writers. This stress-free class with a published author is a great place to start to become a better writer. No experience necessary.

Make your dream come true with a only \$75.00 for this 6-week class.

Call 203 312-5665



Let's Dance!!! *Tuesdays, beginning January 21 at 11:00 am*

We will be joined by Andy Cabell of Arthur Murray Danbury who says:
In this class, you are going to be taught the basics of moving to music and social dancing. Starting from the very beginning, you will learn to feel the rhythm and groove along. No partner necessary and no dance experience required! Arthur Murray Dance Studios specialize in instructing people who have never danced before and always makes sure that the process is fun and easy. \$30 for 6-week session.
Sign up at the desk or call 203 312-5665.