

Volume 25
Issue 2
March/April
2025

The New Sun Times

New Fairfield Senior Center Newsletter

From the Desk of Director Kathy Hull:

Janet is back and the calendar is filling up with some quality programs and trips and things to do. The highlight of March will be the opportunity to put your life in order by filling a binder with all the information you and your family will need to have in the event of an emergency. Whether you are filling the binder or not, the series of speakers who are scheduled to address the topics will help you consider why it is important to have a plan and just what to include. You can visit the desk to see a sample of the binder and to sign up for the program and/or any individual workshop.

Great Day when the New Milford Silver Corn Stars met the New Fairfield Cornhole Ninjas



Thank You, Jacob Mattiace!



New Fairfield Boy Scout Jacob Mattiace made our Senior Center the beneficiary of his Eagle Scout Project. Jacob was able to have the Maker Bot, a 3D printer, donated to us. He led Troop 137 in fundraising efforts to purchase the supplies needed in order for us to make assistive devices such as bag handles, bottle openers, toothbrush holders, shoe horns and more.

He is seen here (center) leading his fellow scouts as they introduce the Maker Bot to an audience of more than 30 people.

You can view the presentation here:

<https://www.youtube.com/watch?v=yhpQ6HyfRA8>

You can view the MakerBot every day at the Senior Center.

Tax Relief Programs

New Fairfield offers tax relief programs for elderly and disabled homeowners. Applications are accepted from **February 1 to May 15, 2025**, at the **Assessor's Office**. To qualify for the **State Program**, applicants must be **65 or older by December 31, 2024, or fully disabled under Social Security**, own their home as of **October 1, 2024**, and meet income limits (**\$45,200 for single applicants, \$55,100 for married couples**). The **Town Program** has higher income limits (**\$61,343 single, \$74,482 married**) but follows the same rules. Applicants must provide a **2024 tax return and Social Security 1099 forms** or other proof of income.

A **Deferral Program** is also available for those who qualify by income. This allows homeowners to delay paying up to **50% of their remaining taxes**, but the deferred amount must be paid back later. Applications and more details are available on the **Town website (Assessor's Department)**, or you can call **203-312-5625** for help.

-submitted by Kaitlyn Basdeo, WCSU Social Work Student

Senior Medicare Patrol Alerts us to **Medicare fraud, errors, and abuse**

Trevor Reeves visited the senior center to educate seniors about the **Senior Medicare Patrol (SMP)** and how to prevent **Medicare fraud, errors, and abuse**. He explained that SMP helps Medicare beneficiaries **detect and report fraud**, protecting both individuals and the integrity of the Medicare program. The presentation covered key topics, including the **mission of SMP, the impact of fraud, and the consequences of Medicare abuse**. Trevor also introduced the **three steps to preventing healthcare fraud: Protect, Detect, and Report**.

He emphasized the importance of **reviewing Medicare Summary Notices (MSN) and Explanation of Benefits (EOB)** to spot fraudulent charges. Seniors were advised to **treat their Medicare card like a credit card**, be cautious of **identity theft**, and remember that **Medicare does not make unsolicited calls or visits**. Trevor also explained how to **report suspected fraud** by calling the provider, gathering information, and contacting **SMP for assistance**. His presentation highlighted real fraud cases, including **false claims for medical supplies**, reminding everyone to stay vigilant and informed.

You can reach the Senior Medicare Patrol at -800-994-9422

-submitted by Kaitlyn Basdeo, WCSU Social Work Student

Tax-Aide 2025 for income tax returns Mondays 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 ends March 31

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

March Movies

"Always": March 7, Aerial firefighter Pete (Richard Dreyfuss) risks himself and his vintage World War II airplane in a constant death-defying quest to fight forest wildfires, much to the dismay of his girlfriend, Dorinda (Holly Hunter) and fellow pilot Al (John Goodman)

"The Quiet Man": March 14, After accidentally killing an opponent in the ring, boxer Sean Thornton leaves America and returns to his native Ireland, hoping to buy his family's homestead and live in peace. In doing so, he runs afoul of Will Danaher, who long coveted the property.

"Me Before You": March 21, Young and quirky Louisa "Lou" Clark (Emilia Clarke) moves from one job to the next to help her family make ends meet. Her cheerful attitude is put to the test when she becomes a caregiver for Will Traynor (Sam Claflin), a wealthy young banker left paralyzed from an accident.

"Taps": **March 28**, Bunker Hill Military Academy has been targeted by real estate developers for demolition. The students, outraged at the thought of their school being turned into condominiums, vow to fight back after winning over the headmaster (George C. Scott).

Some regularly scheduled programs:

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

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

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

Investment Club – *Tuesdays 1:30 pm*
Meet weekly in the Community Room to share money lessons and tips on stocks and portfolios.

Women’s Pool: *Tuesdays 12:00 –2:00*

Men’s Pool: *Tuesdays at 2:00 –4:00*
These groups get together every week to play pool. No experience necessary.

Art Class: *Wednesdays or Thursdays at 10:00*
Dominick Tomanelli, a gifted artist in many mediums, leads this weekly class. \$35 for a 6 week session.

Sit n Stitch: *Wednesdays at 10:00*
Novice to experienced knitters are welcome! If you need help, there is always someone to offer it.

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

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

French Conversation Class: *Thursdays 9:00 am*
This casual class with Claire Tuffereau is for those who have a basic knowledge of French and want to keep that alive, \$30 for a 6- week session

Cornhole: *Mondays & Thursdays at 3:00*
Show your cornhole skills and have some fun. Show up and join a team.

Spanish: *Every Friday at 9:00 am* Tatiana makes learning Basic Spanish a fun activity. Sign up for free.

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

Crafts: *Fridays at 1:00* This group gets together every week to work on crafts for the craft fair.
This is a good time to purchase their items at the Sunshine Boutique for holiday gift giving.

** SOME SPECIAL PROGRAMS **

Get Your Life Organized with the Just in Case Binder:

Purchase a “Just in Case Binder” for just \$15 and attend helpful workshops to help guide you in filling out the pages. The binder contains a set of templates that can be filled to provide those close to you with everything they need to know in the event of an emergency. Look for the ** in our programs to find the ones that will help you complete the binder and make sure to sign up for those separately. ***At the end of the month, you should have a completed binder!***

Owls of CT: *Wednesday, March 5 at 1:00* How wise are you about Owls? Tom Kosturko from Compassion Home Care is back with this 90-minute slideshow, a presentation which will be informative, fun, and engaging. Learn some interesting trivia while we talk about how to identify owls and their habits and hear the hooting sounds of all the Connecticut owls. Their hunting skills, breeding, nesting, life expectancy and more will be covered, with lots of amazing photos of the 8 species of Owls in CT. Call or stop by to reserve a seat.

NEW Ball Room Dancing: *Tuesday, March 18 at 11:00* Let’s Dance!!! 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 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.

Your Hearing: *Wednesday, April 9, at 2:00* Elaine Raccio and Melissa Gonzalez of the Hearing Department of Connecticut Eye Consultants will talk about preventive care for our ears along with how it affects our cognitive longevity. They will also touch on how to handle friends and family members that have hearing loss. for about 30 minutes. Afterwards they will perform basic hearing screenings for those who are interested. Please sign up to participate.

Everyday Tech Essentials for Seniors: Free Demo: *Wednesday, March 12 at 1:00*
Learn the basics of technology in a fun and friendly environment! Navigate smartphones, tablets, and laptops. Stay connected with family and friends online. Tips for safe and confident browsing. Sign up today to join Jonathan Kalema, a patient, knowledgeable instructor ready to help you every step of the way.



2025 Mother Daughter Tea Thursday, April 17 at 3:30 pm

Call your daughter or the surrogate daughter of your choice today and get the Tea on their calendar. It may be the only time this year when you can dress up together and hold a teacup with your pinky in the air. There will be a Build-a-Bouquet activity and delicious treats.

Sign up for free thanks to the Friends of the Senior Center.

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



Origami with Dirk: *Tuesday, March 11 at 1:00* Dirk Fernandez will be here to lead a class in Origami. Everyone will be making adorable leprechauns and to enjoy this St. Patrick's Day. All materials will be supplied.

Massages with Joe : *Wednesday, March 12 , 1:30 pm .and March 26 at 1:30* Take a moment to relax, recharge and renew with a chair massage. Joe Braguez of Sacred Self Studio is Licensed Massage Therapist. Please call to make an appointment. Only \$7.00 for 10 minutes.

Municipal Agent Hour: *Wednesday, March 12 at 10:30* As New Fairfield's Municipal Agent for the Elderly, Cindy White assists residents aged 60+ by providing information and referral to local, state, and federal services and benefit programs. She will be available to answer your questions.

COA Listening Session: *Thursday, March 13 at 10:00am* Roberta Ilardo of the Commission on Aging will be here to meet you and hear your concerns.

Judge Martin Landgrebe: *Friday, March 14 10:00 – 12:00* Bring questions on different aspects of probate that you may have. Contact us to schedule your appointment.

Cooking with Puti: *Friday, March 14 at 12:00*

Puti Malavenda is coming back to warm our heart with her recipe for Chicken Cilantro Wonton Soup. Sign up and join us. **Tasting** is available.

Intuitive Readings: *Monday, March 17 at 1:00* Intuitive readings are sessions where a professional will read your energy vibrations. Readers are usually empaths and healers who are sensitive to others' energies. These people can sense what is going on in your life. Based on that they will work with you to empower yourself. Sign up for your 15 minutes with Courtney Stark for \$15.00.

Discussion Group with Kathy: *Tuesday, March 18 at 1:00pm.* Exploring and sharing thoughts.

Lunch and Learn: Services and Options for Seniors' Well Being: *Wednesday, March 19 at 12:00*

A panel of representatives from Restore Mobile Therapy, Synergy Home Care, Brookfield Commons, Bethel Health Care and Bob Connor will be speaking about their services and options for seniors. Learn more about these companies all while enjoying a delicious lunch provided by Synergy Home Care.

****End of Life Arrangement with Green Funeral Home:** *Thursday, March 20 at 1:00* **Reserve your seat**

Kelly Coughlin from Green Funeral Home will cover: Charities/Donation, Last Wishlist, Final Tasks, Funeral Arrangements, What To Do Immediately, Whom To Call Immediately, People To Contact, Funeral Final Message, Final Wishes (letter to loved ones), Final Wishes (Instructions), Letter of Gratitude, Letter of Intent and Notes to my Beneficiaries. These are all sections in the "Just in Case" binder.

Foot Reflexology Appointments with Eileen Byrnes: *Tuesday, March 25 at 9:00 and Friday, March 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 MONTHLY therapy appointments. Since partly funded by the Friends of the NFSC, you may sign up for a 30-minute appt. for only \$25.

Red Hat Luncheon : *Tuesday, March 25 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, signup required.

****Elder Law:** *Wednesday, March 26 at 1:00*

Certified Elder Law Attorney Ann Fowler-Cruz will be here to assist you in realizing the very best quality of life. Her estate planning practice includes the creation of wills, trusts, and advance directives. For those filling the "Just in Case" binder, you will be able to fill these pages: End of Life Directives, Organ Donation Will. Please reserve your seat.

****Obituary Writing with Kelly Coughlin of Green Funeral Home** *Thursday, March 27, 1:00* Please **Reserve your seat**

Women's Book Club: *Thursday, March 27 at 11:00*

We will be reading "Absolution" by Alice McDermott. There is a monthly fee of \$4.

TRIPS

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

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

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

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



NYBG

Van Gogh's Flowers Thursday, May 29, 2025

NY Botanical Garden becomes the canvas for the colorful brush strokes of one of the world's most revered artists during *Van Gogh's Flowers*, where you'll revel in the beauty of the flowers that

inspired the Dutch master's iconic paintings.

All-Garden Pass admission includes access to the Garden's Outdoor Collections, the Tram Tour, the Conservatory, entry to the Metz Library, and more.

Time to enjoy lunch on own in the café and the beautiful Garden Shop.

After, stop on Arthur Avenue to stroll and shop.

Depart: 8:45 am Est. Return: 5:45 pm

Cost: \$115

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.

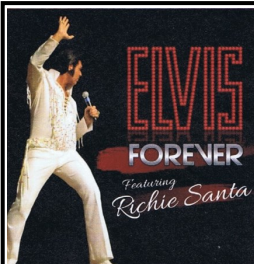
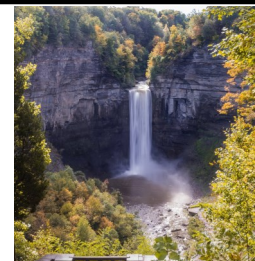
Highlights: 2 Wine Tastings, 2 Special Dinners, Taughannock Falls, Canandaigua Lake Cruise, Sonnenberg Home and Gardens, Corning Museum and Glass Works, 2 nights at the Fairfield Inn

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

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

Must call 203 417-8699 for further information

Checks are made out to Twin Travel Concepts and mailed to 451 Eichyush Rd., Kinderhook, NY 12106



Swing into Spring with the King

Tuesday, April 15, 2025

A Villa Louisa, Bolton, CT

Richie Santa's tribute to the king. The power of Richie's voice makes the transformation complete.

Welcome Table with Cheese Display, Fruit, Pepperoni

Choice of Luncheon Entrée, Dessert of the Day, Soda, Coffee, Tea

Cost: \$111 Depart: 9:45 am Estimated return: 5:00 pm

Our next Collette Trip!

Iceland's Magical Northern Lights

October 19 - October 25, 2025 • 7 Days • 11 Meals

Reykjavik, Northern Lights Cruise, Search for the

Northern Lights, Golden Circle, Thingvellir National

Park, Gullfoss, Lava Exhibition Center, Vik, Seljalandsfoss, Skógar Museum, Skógafoss, Sól-

heimajökull Glacier, Jökulsárlón Glacial Lagoon, Blue Lagoon <https://gateway.gocollette.com/link/1333631>.

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



New Fairfield Senior Center

33 Route 37

New Fairfield, CT 06812

Phone (203) 312-5665

Save the Date:
Saturday, May 3, 2025
10-4:00

Spring Fling Artisan Show

- ◆ Art Work
- ◆ Quilts
- ◆ Artisan and Craft Vendors

All Handmade Items

This is hosted by the Friends of the New Fairfield Senior Center
If interested in being a vendor, contact Joanne at the Senior Center



AAA Driver Improvement Class Wednesday, April 23, 9-1:00

Participants, age 60 and older are eligible for a two-year, insurance discount on liability, collision and personal protection insurance premiums. Frank Davis is the certified instructor who will conduct Driver Improvement Mature Operator Program. Space permitting, up to 40 people can attend at a cost of \$15 per person Sign up at the desk while there are still openings



*We are collecting Store Coupons for the New Fairfield Food Pantry
Look for a container in the Great Room to deposit your coupon donations.*

Habitat Spring Cleanup –learn more and apply March 6 at 10:00 am

This program is available free of charge to seniors and veterans who own their own homes in the Housatonic area, with total household incomes no more than \$6,000 a month. You will learn if you are eligible and apply at the same workshop.

If you feel you may be eligible, please bring the following document required: ● Current homeowner's insurance declaration pages.

● Proof of income in the form of your latest income tax return or bank statement.*

Make sure to call 203 312-5665 to sign up for the workshop.



Love was in the air on Valentines' Day when Carol and Sonny celebrated 65 years of marriage.