From the Desk of Director Kathy Hull:

The past two months brought a couple of significant losses into my life. I realized that times like that can leave one feeling exceptionally isolated, sad, and even afraid... unless, you have something like our Senior Center in your life.

Participating in programs, being with friends, and the general atmosphere of our Senior Center is definitely therapeutic. I recommend getting involved. It will lift your spirits and carry you through hard times.

Thank you to everyone who was there for me.

Friends of the New Fairfield Senior Center

Encouraging community support for the needs of a diverse senior population.

The Friends of the New Fairfield Senior Center is a separate non-profit organization whose purpose it is to provide additional funds and to encourage community support for programs that will benefit the lives of our senior population.

The Friends’ fundraising has allowed for the purchase of many items for the Center including computers, gaming systems, exercise equipment, large screen TV’s, kitchen supplies, and furnishings. In addition, the Friends sponsor many Senior Center programs some of which are trips, entertainment, volunteer recognition, massage, foot reflexology, parties, lecturers, and an annual Mother Daughter Tea.

The fundraisers themselves are meaningful and fun. There has been the Penny Social, a Luncheon Theater, the White Elephant Auction, Granny’s Tag, Plant, and Bake Sale in the spring, and Granny’s Craft Fair in the fall. The Buy-a-Brick program has not only raised money for improvements but it has also allowed folks the opportunity to give a lasting tribute to someone on our beautifully landscaped property.

The current Friends of the Senior Center board is President Bob Ketcham, Vice-President Bobbye York, Secretary Grace Scalera, and Treasurer Mary K. Smith

You do not have to be a senior citizen to join the Friends of the Senior Center. They meet monthly on the third Wednesday of the month at 4:00 pm at the Senior Center and they welcome new people with fresh ideas. They also welcome contributions in any amount and will gratefully acknowledge any donation in tribute to or in memory of a special person.
Medicare Overview by Ashley Davison
(Ashley is a WCSU Junior Field Student who has been working with the New Fairfield Department of Social Services during her spring semester.)

Hello New Fairfield Seniors! I’m sure you have heard of Medicare. However, you may not have the most current information. Medicare is a federally funded health insurance program administered by the U.S. Dept. of Health and Human Services, Centers for Medicare and Medicaid Services (CMS). For those of you already on Medicare, plan costs and coverage change each year, so you should check to make sure their plan still meets your health needs and budget. This program offers different parts (Part A, Part B, Part C, and Part D) that help cover specific services. In the last few years, the 2010 Affordable Care Act made many improvements to Medicare, including added benefits and more coverage. Medicare is a great program because it offers a variety of plans. You can also choose from thousands of health care providers and hospitals across the country. The Initial Enrolment Period (IEP) is seven months long. It starts three months before the month in which you turn 65 and ends three months after that month. You can enrol in any type of Medicare coverage within this seven-month window, Part A, Part B, Part C (Medicare Advantage Plan), and Part D (prescription drug coverage). If you don’t sign up for coverage during the initial enrolment period, it may cost you more to add it later. Please visit www.medicare.org or call (800) 678-6404 for more information.

Granny’s Treasures Tag, Plant, and Bake Sale
Saturday, June 14th 9-3:00
Claim your spot today!!!
$30 per space - Applications available at the Senior Center

Get ready to experience all the fun of a multi-vendor tag sale!
Bring your friends and family

Refreshments and baked goods will be available for sale, too.

Sponsored by the Friends of the Senior Sunshine Center

Did you know the majority of the Free Cooking Classes are hosted by the Friends of the Senior Center??

The Friends kindly offer to refund the guest instructor for the cost of their ingredients for these classes which are so well loved and well attended.
So next time after a class and thanking the teacher, find a Friend and say “Thank You” to them, too.

Left: German Cooking with Gunther and Herta Bohnsack and Traudi Gomringer
New Fairfield Senior Center Presents
Magical Mystery Tour: A Treat For all Senses!
*Tuesday, May 13th 2014, Depart 7:30 am Estimated Return 6:30 pm*

Roll up! Roll up for the Magical Mystery Tour! What’s this tour you say? To find out more about this trip, please, step right this way!

Board a deluxe motorcoach heading north to ??? one of this state’s best-known ??? destinations. Here you will enjoy the sweet smell of spring flowers and the purest fresh fruits. But alas there are no actual gardens or flowers to observe, hmmm where are those smells coming from? We will burn with desire to experience all the sights to behold.

Next we venture to a pastoral scene at an elegantly-restored 1800 Colonial house with candlelit spaces, an open hearth oven that speaks of a simpler time in ??? History, and the freshest award-winning cuisine unlike any other in the region, truly an experience for our taste buds to remember.

After lunch we find ourselves enchanted by ??? at ???. You will be transformed by the natural beauty at your fingertips and the sounds of tranquility of your surroundings. It will be a dream for photographers and a peaceful sanctuary for all. At the end of the day all our senses will be lit with the wonderful memories we made.

Roll up TO MAKE A RESERVATION the Mystery Tour! The magical mystery tour is waiting to take you away….waiting to take you away.

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**Exercise Classes**

**Movers and Shapers:** *Tuesdays or Thursdays, 9:30am*  
Coleen Krempel’s very popular class is a fun way to move to music and exercise to improve cardiovascular health, muscular strength, and range of movement. Fee of $30 per 6-week segment is required.

**Tai Chi:** *Tuesdays at 10:30 am*  
We have openings in our Tai Chi classes led by instructor Dee Calvey. Cost is $30 for six sessions. The most recommended exercise for fall prevention is Tai Chi because of its balance criteria.

**Sittercise:** *Wednesdays at 12:45 pm & Thursdays at 10:30 am*  
Sittercise is a 45-minute exercise program designed for use with all levels of ability. Learn movement techniques that contribute to your increased fitness and health. A one-time fee of $5 and registration is required.

**Yoga:** *Tuesdays at 1:00 or Fridays at 9 am or after-hours Yoga Class Mondays at 5:15pm*  
Weekly classes led by instructor Karen Gillotti. Cost is $30 for six sessions. Yoga increases both strength and flexibility and leaves one relaxed with a renewed spirit.

**Zumba Dance Exercise:** *Mondays and Wednesdays at 9:30 am.***  
Certified Zumba Instructor Coleen Krempel runs weekly classes in this fun exercise program similar to a Latin Dance Party. Six classes cost only $30.

**Chair Dancing:** *Fridays at 10:00 am*  
Join friends to follow a video providing a fun and convenient way to get aerobic exercise, tone muscles, improve flexibility, and burn calories

**Weight Training:** *Mondays and Wednesdays at 10:45 am*  
Led by Chuck Finnegan who makes the class so fun with his humor it is hard to believe you are getting exercise also. Focus on upper body strengthening. Weights provided.

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**Avoiding Frauds and Scams** *Wednesday, June 4th, 1:30 pm*

Home Care Advantage will be presenting a one-hour video on Fraud and Scam prevention. The video addresses what to look out for and easy ways to be able to stop it. It also helps in identifying steps to take before you accept offers over the phone. A production of the Better Business Bureau the video is directed to all ages and incomes and has been very well received. A question and answer period will follow.
Welcome To
Our New Members

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<tr>
<td>Mary Anne Anderson</td>
<td>Angela Gatto</td>
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<td>Sal Bellfato</td>
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<td>Laura Bingham</td>
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<td>Emmanuel John Cupo</td>
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<td>Annette Cupo</td>
<td>Irene Menzer</td>
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<td>Bill Dingersen Sr.</td>
<td>Ligia Molano</td>
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<td>Joseph Dougherty</td>
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<td>Patricia Sheeran</td>
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<td>Katharina Dufner</td>
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<td>Susan Dutton</td>
<td>John Stefanopoulos</td>
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<td>Kathleen Florio</td>
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<td>Ewa Fraiha</td>
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Learn Facebook- Monday, May 12th, 2:30 pm.
Originally designed for Harvard students to help students stay in touch with each other, share information and photos, and meet new people. It still serves those purposes but is available to anyone over the age of 13.
New Fairfield High School student Cassidy Rilley will be holding a workshop for seniors in which you will learn how to set up a Facebook account and how to find friends. Learn about a Timeline, a Post, and a News Feed, and learn how to use privacy controls.

Computer Help with Robert
NFHS student Robert Porter is available to help you with any questions regarding computers, smart phones, tablets, etc. every Monday and Wednesday 2:30-4:00 pm. Robert takes drop-ins.
Some Highlights of Our Center Programs and Activities
Come in for a calendar or visit http://www.newfairfieldseniorcenter.com/

**Piano Lessons:**
Mondays 10-12pm Mary Buzak offers private piano instruction on Mondays right at the Senior Center. Her reduced rate for seniors is $15 for 30 minutes and, whether beginner or more advanced, she can tailor the class to you. You may register with Mary Buzak at: 203 994-9370

**Mah Jongg:** Mondays 11:30-1pm or Tuesdays 1-3pm Mah Jongg is usually played with tiles, though it can also be played with cards of equivalent design. Beginners, as well as experienced players, are welcome.

**Investment Club**
Money-Education-Fun: Tuesdays at 1pm Meeting weekly in the Community Room to share money lessons and tips on stocks and portfolios shared with like-minded individuals. Stay on top of the world’s changing financial picture with guest speakers and discussions.

**Spanish Classes with Carlos Ramirez:** Wednesdays at 3pm, Learn the language, culture, and heritage of Spain, in weekly educational classes, with Carlos. The cost is $20 for a 6-week session.

**Conversational French**: Thursdays, 9:00 am This fun and casual class is for those who have a basic knowledge of French and want to keep that knowledge alive. It is also for people who had two or more years of French in school. Teacher Clare Tuffereau will be in France for part of this session but students will continue to meet and practice.

**Drawing Class**, Thursdays at 10:00 am All visual arts start with drawing. Build your drawing skills by learning to translate what you see into simple shapes, lines and values. Use pencil, pen, or ink to express your drawing skills. A pencil and pad is all you need to get started. This 6-week course with instructor Dominick Tomanelli is only $35. Register at our reception desk.

**Astrology Class with Sarah Gannon**
Friday mornings 9:00 am – 10:00 am Allow the wisdom of the larger, starry view to uplift you via the symbolic language of astrology. From the ancients to Jung archetypes have used astrology to explore: What is my invisible design? Who am I? How do I respond to life’s challenges? Discover how answers to these and more can be discovered through Astrology.

**Garden Club**: Friday, May 2nd, 10am
Springtime is here and so is the Garden Club. Our aim is to familiarize and educate ourselves with the horticulture of the area. We visit local and member gardens, as well as visit sites throughout the tri-state region. We invite speakers on gardening topics. All newcomers are welcome.

**Kayak Trip**: Friday, May 2nd, Meet at Great Swamp @ 1pm Weather permitting; join a group from the Center as we head out for another great afternoon on the water. Bring your Kayak and all equipment including a life vest. The Great Swamp in Patterson has incredible scenic views for paddlers along its 14 miles of navigable waters. Sign up at the desk & get directions.

**Hot Dog Bingo**: Monday, May 5th, at 1:15 pm Hot Dog! $5 covers both 1st Bingo card and refreshments. Additional cards - $1.00 each. Please, adults only.

**Men’s Breakfast Club**
Tuesday, May 6th, 8:30 am Enjoy hot catered breakfast foods. Donations are kindly requested to offset the cost of breakfast. Registration is required. Guest Speaker will be from Ridgefield VNA on “Men’s Top 10 Health Issues”.

**Walking Club**
Members meet regularly to provide encouragement and plan group walks. Monthly dues go toward celebrating accumulated miles when a destination is reached.

Tuesday, May 6th, at 9 am
Members meet at Center for walking destination of Williams Park in Brookfield.

Tuesday, May 13th, at 10:30 am Members meeting.

Tuesday, May 27th, at 10:30 am Members meeting.

**Bear Reality Talk**
- Monday, May 12th 1:00pm. Master Wildlife Conservationist and Black Bear enthusiast Felicia Ortner will share facts about bears and teach us how to coexist with them. She will dispel myths, provide natural history information, and talk about bear research being conducted by biologists in Connecticut.

**Iris Folding Crafting Class**
- Wednesday, May 14th 1:30pm Iris folding is done by easily arranging and layering strips of paper or fabric in a spiraled pattern. That pattern resembles the iris of a camera lens and that is how this craft got its name. Materials are supplied to craft up to 2 unique cards. The class is free but spaces are limited.

**Massages with Scott**
Wednesday, May 15th and 28th, 2-3pm Scott Coldwell of Phoenix Therapeutic Massage & Personal Training is an ACSM Certified Personal Trainer, a Licensed Massage Therapist and a Certified Well coach. Sessions are offered at a reduced cost of $7 for a ten-minute massage.

**Free Cooking Class- Flan**
Thurs May 15th 1:30pm.
Flan is a traditional Mexican dessert and there are many versions. The Flan recipe is prized for its simplicity. If you’ve never made flan before, now is the time to try this recipe with our volunteer Cyndy. Registration is required.
**Some Highlights of Our Center Programs and Activities**

**Come in for a calendar or visit [http://www.newfairfieldseniorcenter.com/](http://www.newfairfieldseniorcenter.com/)**

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**Talkin’ Turkey**  
*Friday May 16th*  
Tony and Paola DeCristofaro will speak on their experience in Turkey this past fall. They spent time in Istanbul as well as the countryside and will discuss the differences to be seen across this crossroad of civilization. Striking visuals are included!

**FREE Memory & Cognitive Ability Screenings:**  
*Friday May 16th and 29th, 9-11am*  
Performed by Geriatrician, Dr. Susan Varano. Call Cindy LaCour at (860) 355-0971 to schedule a memory screening.

**Foot Reflexology Appointments with Kim Stewart:**  
*Monday, May 19th 10-12pm*  
Reflexology reduces stress, promotes relaxation, improves circulation of oxygen and nutrients, also detoxifies and cleanses the body. Kim Stewart, nationally certified Reflexologist, will be giving MONTHLY one-on-one therapy appointments partly funded by the Friends of the NFSC. Sign up for a 20-minute appt. for $15.

**Robert’s Haircutting for Men:**  
*Monday, May 19th, 12:30-4pm*  
Robert is offering men’s haircuts at the Center once a month on the 3rd Monday. Call Robert to make your appointment at 203-537-1673, haircuts only $10.

**Casino Trips!**  
*Monday, May 19th leave 8:30am*  
Spend a day at the legendary Mohegan Sun for only $26 including food vouchers and free bets. Sign up with the receptionist, seats sell quickly.

**Blood Pressure Screening and “Ask the Nurse”**  
*Wednesday, May 21st, 1pm*  
Masonicare Home Health will be here the 3rd Wednesday of each month starting Blood Pressure Screening at 1pm. This provider welcomes your health questions, too.

**JUNE Preview**

**Red Hat Tea at Brookfield Village:**  
*Thurs June 5th 1:30pm*  
Inviting all Ladies, join the Red Hatters for a lovely afternoon tea at the Village of Brookfield Commons as we take our “fun and frivolous’ on the road.

**FREE Memory & Cognitive Ability Screenings:**  
*Friday June 27th 9-12pm*  
Performed by Geriatrician, Dr. Susan Varano. Call Cindy LaCour at (860) 355-0971 to schedule a memory screening.

**Lunch and Learn with Dr Susan Varano**  
*The Results of physical evaluations:*  
*Friday, June 27th 12pm*  
Geriatrician, Dr. Susan Varano will share information that will go over the results of the Ability Screenings. A free lunch will be provided by Candlewood Valley. Reservations required!

**Free Thai Cooking Class – with Suchada**  
*Thursday June 26th 1:30pm*  
Immerse yourself in the feel of a tropical land and take in the aroma of the Thai herbs as they permeate through the kitchen. Now you are ready to start cooking with Suchada as she prepares Chicken Satay with Peanut Sauce. Suchada stems from Bangkok and is a culinary school graduate. Registration required.

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**JUNE Preview**

**EverWonder Children’s Museum Presentation:**  
*Wednesday, May 21st 1:30pm.*  
Learn about this new hands-on-museum filled with exhibits and experiments for children and families located in nearby Newtown. They will bring fun & easy science experiments that the grandkids will love! We’ll have fun using household items to try out a variety of quick experiments, including making the ever-popular Elephant Toothpaste.

**The History of the Brooklyn Bridge**  
*Thursday, May 22nd 1:00pm*  
Historian Arthur N. Gottlieb will give a photo lecture on the “eighth wonder of the world” as proclaimed at its opening May 24, 1883. The beauty of its architecture remains a symbol of national pride nearly 130 years later as an engineering spectacle, cultural icon, and a memorial to Chief Engineer John Roebling.