Happy 25th Anniversary!!!
New Fairfield Senior Center

1986

The Senior Center opened at the Company A Fire Hall to a Halloween Party

Pictured in the foreground: Agnes and Barney Bowteck

2011

25 years later the Halloween Anniversary Party had to be cancelled but we were able to welcome people into our own beautiful 9,000+ square foot building after the record setting snow storm that left the entire town without power. It was wonderful to be able to offer warmth and food and shelter.
The Senior Environment Corps had another great summer season sampling the waters around Candlewood Lake. We are still looking for members who would like to join us for Project WET bringing water awareness activities to school-aged children. Water is an essential ingredient for life and every day a more precious resource. You can help us pass this appreciation on to future generations.

Pictured: First row—Larry Marsicano, Executive Director Candlewood Lake Authority & Nancy Warwick; Second row—Tom McCarthy, Janet Valine, Irene Kohlmorgen, Elizabeth Ricci; Third row: Gail & Bob Ketcham, Joe Dunbar, Diane Gucker
From the Desk of Cindy White, Director of Social Services

Energy Assistance

The CT Energy Assistance Program (CEAP) 2011-2012 season begins on Nov. 15th. For eligible households, the winter heating assistance pays for such heating sources as oil, natural gas, electricity, propane, kerosene, coal and wood. Both homeowners and renters may apply. Households eligible for the winter heating program may also be eligible for weatherization assistance.

There are both income guidelines and asset tests for all household members and proof of both will be required. Households must make a new application each year for this program.

HOUSEHOLD INCOME GUIDELINES:

| Household Size – including homeowners and renters that pay separately for heat. At this level, renters are not eligible if heat is included in the rent. |
|---|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Under $31,864 | Under $41,668 | Under $51,472 | Under $61,276 | Under $71,080 | Under $80,884 | Under $82,723 |

Clients must provide proof of income and assets for all household members who may reside with them, for the four weeks prior to the application date.

If you are interested in applying for this program, please contact New Fairfield Social Services at 203-312-5669

NEW AFTERNOON ZUMBA CLASS

Zumba Dance Exercise Class
Tuesdays at 2:30pm
Zumba is Exercise in Disguise!

Certified Zumba Instructor Colleen Krempel is offering an afternoon class especially directed towards Zumba beginners. Known as a Latin Dance Party, Zumba® has become nothing short of a revolution. Six classes at a reduced cost of only $30. Register at the desk.

Take a Holiday Trip

Call 312-5665 for more information or stop by the Senior Center for a flyer or check out our website at http://newfairfieldseniorcenter.com

Crazy Christmas Lights of Brooklyn Monday, Dec. 5th Move over Manhattan! Come and be amazed with the Christmas Lights of Brooklyn! Early dinner at famous Junior’s Restaurant. Founded in 1950, Junior’s landmark restaurant in Brooklyn is known as the home of New York’s best cheesecakes. Your Brooklyn Guide will meet you for this 3 1/2 hour holiday tour highlighting the festive homes of Dyker Heights, the Italian-American section of Brooklyn made famous in the PBS documentary "Dyker Lights" and seen on TLC’s "Crazy Christmas Lights". *This tour requires moderate walking in the Brooklyn Neighborhoods. DEPART: 1:00pm, return: 10:30pm. Cost $81 per person.

Holiday Cabaret and Casino Tues. Dec 13th Depart: 7:30am $52 per person 5 hours at Mohegan Sun Casino. Shopping Time Old Mystic Village, Show at Cornerstone Productions Theatre, includes $20 Food Vouchers, $20 free bets. We will be enjoying their seasonal production of Holiday Cabaret, featuring new skits, more sizzle, bigger sets, new songs, a cast that will delight and astound you with their versatility and talent, and, of course, plenty of that personalized care that has made Cornerstone the #1 leader in group entertainment.
New Fairfield Senior Center
33 Route 37
New Fairfield, CT 06812
Phone (203) 312-5665
Fax (203) 312-5667
www.newfairfieldseniorcenter.com

MEDICARE UPDATE 2012: Wednesday, November 9th 1:30pm Eric H. Freedman, CHOICES Information and Assistance Counselor at the Western Connecticut Area Agency on Aging, will be here to talk about changes in Medicare for 2012, including those affecting the Open Enrollment Period for Medicare Prescription Drug Plans and Medicare Advantage Plans.

The Friends of the Senior Center wish to thank everyone who supported the Fall Craft and Bake Sale. The boutique will remain open through the Holidays. It was another huge success, and we are grateful for your contributions. You’ll want to know who won the raffle prizes: Angel Doll, Eveline Dunbar; Raggedy Ann and Andy, John Aloia; Earrings, Mary K. Smith; Pen and Ink Drawing, Donna Ferris; Quilt, Marge Jano; Ceramic Christmas Tree, Sandy Lowry; Wood carving, Suzanne Sander; Afghan, Toni Rose; and the Evening Tote, Khris Hall.

To Our New Members

Ginger Allison  Marge Buhrman  Odar Cabanillas  Pat Cennamo  Larry Cennamo  Hazel Condon  Nick Constantino  Martha DePhillips  Irma Ebbers  Ann Frey  Constantin Galskoy  Helen Galskoy  Richard Gairing  Joe Garufi  Helen Gilchriest  Roberta Hardo  Kathryn Hayes  Millie Johnson  Carol Kolek

Ann Lafond  Patricia LoPresti  Frank LoPresti  James Mellett  Robert Merritt  Louise Neves  Antoinette Pahlck  Rosemarie Pascento  Joy Patchey  John Rados  Lynn Rossman  Jeffrey Rossman  Sam Scaglione  Marguerite Scaglione  Gary Mummer  Mel Shapiro  Peggy Tita  Ray Trevino  Yaya Trevino
**Fitness Classes**

**Zumba Dance Exercise Class:** Mondays and Wednesdays at 9:30 am and now Tuesdays at 2:30 pm. Certified Zumba Instructor Coleen Krempel is running weekly classes in this exercise program. Known as a Latin Dance Party, Zumba® has become a revolution. Weekly classes in this exercise program. Known as a Latin Dance Party, Zumba® has become a revolution. 6 classes only cost $30 with the next series, register please.

**Sittercise:** Wednesdays at 12:45 pm & Thursdays at 10:30 am Sittercise - 45 minute exercise program for use with all levels of ability and the physically challenged. Discover muscle groups that can be used while seated, learn movement techniques that contribute to increased fitness and health. One time fee of $5 and registration required.

**Movers and Shapers:** Tuesdays, 9:30 am & Thursdays, Coleen Krempel’s popular aerobics class is held in 6 week sessions Senior Center. A fitness class in 2 parts incorporates the 3 elements of physical fitness, cardiovascular, strength training, and stretching. The 1st part involves low impact aerobics to get moving and improve cardiovascular health. The 2nd part ends with a seated session focused on strength training using lightweight dumbbells. Sign up - fee $20 per 6-week segment.

**Tai Chi Classes:** Tuesdays at 10:30 am We have openings in Tai Chi classes led by instructor Dee Calvey. Cost $30 for 6 sessions. Improved stress reduction, balance, agility for all is the focus of Tai Chi. Studies among older adults show exercise programs that challenge balance can reduce fall rates by as much as 17%. The most recommended exercise for fall prevention is Tai Chi due to its balance criteria.

**Yoga Classes:** Tuesdays at 1:00 or Fridays 9 am Yoga classes weekly led by instructor Karen Gyllotti. Cost $30 for 6 sessions. The benefits of yoga extend beyond an ordinary workout.

**Walking Club:** Tues., Nov. 8th and 22nd at 10:30 am Experts agree physical activity is a cornerstone for health, and walking the easiest (and least expensive) ways to be physically active. All you need is a good pair of shoes, and you can do it anywhere and at any time. Join us for twice a month walk. Our miles are accumulated. $3 monthly dues requested.

**Pine Cone Centerpiece Craft Class:** Fri., Nov. 4th, 1:00 pm Designing a fall centerpiece can beautify your dinner table and provide a conversation-starter. Learn how to craft an elegant pine cone centerpiece from available materials with Arlene. Cost for wreath is $4 for materials.

**Haircuts:** Wed., Nov. 9th, 10-1pm Haircuts: Shear Impulse in Danbury will give discounted haircuts the 2nd Tues. of each month at the Center. Contact Linda at 203-512-5365 for appointments.

**Hair Cuts** Tues., Nov. 8th 10-1pm Haircuts: Linda Mezzatesta of Shear Impulse in Danbury will give discounted haircuts the 2nd Tues. of each month at the Center. Contact Linda at 203-512-5365 for appointments.

**Hot Dog Bingo:** Mon., Nov. 7th at 1pm $5 covers both 1st Bingo card & refreshments. Additional cards available - 50 cents. Please, adults only.

**Buying on EBay** Mon., Nov. 7th at 10:00 am $4.00 workshop, Michael Dutton will go over signing up for EBay, browsing and searching for the item you want, double checking prices and sellers, bidding on an item, and much more.

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**Tues., Nov. 1st, 8:30 am Men’s Breakfast Club:** Tues., Nov. 1st, 8:30 am Meeting the 1st Tues. of each month, enjoy hot breakfast foods. This month’s subject will be Winter Over Your Garden with a Master Gardener. Donations are requested to offset the cost of breakfast. Registration required; please no walk-ins on the day of the event.

**Spanish Classes with Carlos Ramirez:** Wednesdays at 3pm, Learn Spanish as well as Spanish culture and heritage with weekly educational classes with Carlos, cost $20 for a 6 week session.

**Guitar, Fiddle, or Piano Lessons:** Thursdays, 11-4 pm Gwen Glasser has taught music in Fairfield County for 25 yrs and has worked with beginner and intermediate students. Gwen offers lessons in fiddle, guitar, and piano here at the Center. If you’ve wanted to learn an instrument, now’s your chance. Gwen is offering 1/2 hour lessons at $15. She looks forward to passing on the joy of music to you. Contact Gwen for appt. at (203) 746-5725.

**History of Shepaug Railroad** with Bob Devine: Thurs., Nov. 3rd, 1:00 pm The Shepaug, Litchfield and Northern Railroad was a short independent railroad that was chartered as the Shepaug Valley Railroad in 1868. It operated as the Litchfield Division of the New York, New Haven and Hartford Railroad until abandoned in 1948. Much of the line remains in place as rail trails to this day. Bob was the last to work on this line and will tell of his story working this historic railroad as a young man.

**Better Balance Exercise Class** Class starts Nov 30th at 3pm Dee Calvey is trained in the evidence-based Tai Chi program by the Oregon Research Institute. Per findings, Tai Chi is a factor in fall prevention. Strengthening lower extremities and improving postural balance through Tai Chi reduces the falls among early to moderately advanced Parkinson’s disease. The 6 week class is aimed at improving balance with the initial option of chair support and she promises 2 weeks to better balance and range of motion. Cost $30 for 6 weeks.

**Mens’s Breakfast Club:** Tues., Nov. 1st, 8:30 am Meeting the 1st Tues. of each month, enjoy hot breakfast foods. This month’s subject will be Winter Over Your Garden with a Master Gardener. Donations are requested to offset the cost of breakfast. Registration required; please no walk-ins on the day of the event.

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Celebrate Italy Day: Thurs., Nov. 10th starting at 12pm Special Lunch with New Opportunities Traveling Chef and an Italian Pasta Bar. Starting at 1pm will be Italian music, special singing, mandolin playing, guest performers Italian Native, Angelo Sapia and Bob Mel. Lunch and entertainment cost is $6 and takes the place of our normal lunch program.

Women’s Book Discussion Group: Thursdays, Nov. 10th & 17th at 11:00 am Reading will be *The Target* by Catherine Coulter, a blend of romance, mystery, and excitement set in the Colorado mountains.

Mr. Fix It-electrical: Tues. Nov. 15th at 1-3pm A retired Electrician will review your broken electrical items and do minor electrical repairs if repairable. Sign up for an available slot. Small electrical items accepted. Repairs performed at scheduled appointment only.

Blood Pressure Screening and “Ask the Nurse”: Wed., Nov. 16th Masonicare Home Health will be here the 3rd Wed. monthly with Blood Pressure Screening at 1pm. This provider welcomes your health questions, too.

Variety Show Reunion: Wed., Nov. 16th, 1:00 pm NFSC Summer Variety shows go back over 10 years. Remember the Laugh-in Skits and the Sunshine Singers and Dancers, and Carmen Miranda? Relive those moments with video and those of us who were part of that memorable time.

Michael Dutton Financial Talks: Thurs., Nov. 17th 3pm Financial advice that was good when you were preparing for retirement but may not be when you are preparing to or are retired. Monthly talks with question and answer sessions will focus on topics for specifically to Seniors. Bring questions to the meeting or e-mail Michael at michael.dutton@sbcglobal.net by the day before.

Red Hat Luncheon: Tues., Nov. 29th 1pm The Sunshine Rambling Roses is the only New Fairfield registered chapter of the Society. It is a unique ‘disorganization’ of women over the age of 50 who gather to share one another’s lives and to make their own fun. We invite you to join us at our monthly luncheon held this month at Old Heidelberg German Restaurant in Bethel. Prior signup required.

Massages with Scott: Wed., Nov. 30th 2pm-3pm Scott Coldwell of Phoenix Therapeutic Massage & Personal Training runs a once monthly massage program. Scott, an ACSM Certified Personal Trainer, a Licensed Massage Therapist and a Certified Wellcoach uses a ‘whole body’ approach and can answer your questions on ‘healthy aging’. Sessions offered at a reduced cost of $7 for a 10 minute session. Spaces limited—reserve with receptionist! Prepayment required.

MOVIES-Sponsored by Video Island Movies: The Bridesmaids Mon., Nov. 14th, 1:00 pm Picked as her best friend's maid of honor, love-lorn and broke Annie looks to bluff her way through the expensive and bizarre rituals with an oddball group of bridesmaids.

Tree of Life Mon., Nov. 28th, 1:00 pm The story centers around a family with 3 boys in the 1950s. The eldest son witnesses the loss of innocence.

Coming in December

Deck the Halls Halloween Style Weds., Dec. 7th 1:00 pm. For all the folks who were disappointed with the cancellation of our Halloween Party, here’s your chance to rock around the Christmas tree in style. If you love being silly like us, come in costume to enjoy some special refreshments and games, and decorate the tree.

Nutritional Talk with Terry Lent Chocolate Thurs., Dec. 8th 12:30 Chocolate, one of the oldest foods, comes from the fruit of the cacao tree – native to South America and now mostly grown in West Africa. Medical researchers, doctors, and nutritionists are discovering good news about chocolate. In this group, you will learn why and how chocolate is one of the world’s first – and most prized- natural medicines. Join us for this free and informative discussion.

Adventures in Cooking Presents: A Holiday Cookie Workshop (hands on) with Marianne

Thurs., Dec. 15th 1:30-4:30 pm, snow date Tues., Dec. 20th, It’s that time of the year, when you don’t have time to make a batch of Holiday Cookies, but you want “some” in the house when guests arrive. Join us in this hands-on workshop to make “traditional” Holiday Cookies. Bring an apron! We’ll eat as we bake, and then you’ll get to bring an assortment of these cookies home with you. Cookies made during our workshop are; “Scandinavian Almond Cookies,” “Pealing Bells,” “Santa’s Whiskers,” Fruitcake Squares” and “Rum Raisin Shortbread.” You have the option to bring containers to wrap them as gifts also! Make your holidays easier by doing your baking here!

Senior Center Holiday Party!! Mon., Dec. 19th 12pm Celebrate the holidays in our Center with an event to remember, a festive luncheon featuring a roasted steamship of beef and dancing with a live DJ. Registration and cost of $8 per person.