From the Desk of Director Kathy Hull:

If you’re as anxious to get out of the house as I am, you will love the events that are coming up at your Senior Center. One new addition that we’re really excited about is “Showtime at the Center”. At least once a month we’ll be offering an afternoon of entertainment with professionals from throughout the area. Each time will be unique from friendly sing-alongs, to comedians, dancers, storytellers, and even theater troupes. We want to keep the admission reasonable while still being able to bring good entertainment, so your participation will make a big difference. Be sure to join us and tell all your friends, too.

AARP’s Tax Aide volunteers have been proving their commitment to us again this year. Many thanks to Dave Cronin, Susan Payne, Al Mardis, Tom Cunningham, and Lois Hoffman for their loyalty to us and for their “smarts”.

Thank you to everyone who made it out this winter...

The Elderly Brothers

We said goodbye to Mildred Kennedy but not before she and Lou Pante were crowned queen and king of the prom. Millie will be residing in Myrtle Beach, SC.

Janice strikes a pose after being chosen as a model by “Art of Dressing”’s Tonia Tagliaferro. Only one item was added to the outfit that she walked in with. Can you guess what it was?

Marty and Diane, one of the many couples who danced to the Elderly Brothers.

Hoe-Down!
From the desk of Devyn Whiting, WCSU Social Work Student …

Medicare Training Sessions

Western CT Area Agency on Aging offers CHOICES Training in Danbury:

In partnership with The Center for Medicare Advocacy and CT Department on Aging, WCAAA, CHOICES Training will be offered at the Danbury Senior Center, on consecutive Tuesdays from April 28, 2015 through June 2, 2015.

CHOICES is Connecticut’s State Health Insurance Program. CHOICES is part of a national network of programs that offer free confidential counseling, education and assistance to people on Medicare and Medicaid.

You will learn about Medicare Parts A, B, C & D, Medigap (Supplemental Insurance), Medicaid (Title 19), Medicare Savings Programs, Medicare Advantage Plans, the Affordable Care Act and Medicare/Medicaid Fraud.

The 5-day Training starts April 26, pre-registration is required, for more information, call Joyce Khun at 203-797-4686. To fill out the registration form, please visit: www.wcaaa.org

After attending the training session, not only will you be more informed but you will also be able to help others.

March Movies:

“The Judge” Friday, March 6th 1:00pm
A big city lawyer, Hank Palmer, (Robert Downey) returns to his childhood home where his father, (Robert Duvall) the town’s judge is suspected of murder.

“The Good Lie” Friday March 27th 1:00pm
Sudanese refugees given the chance to resettle in America arrive in Kansas City, Missouri. where their encounter with an employment agency counselor forever changes all of their lives.

News from the Friends of the Senior Center:

Mark your calendars and save the dates:
The annual Tag and Bake Sale is scheduled for Saturday, June 13th. Bobbye York assisted by Kathy Stram will chair this event.

The Penny Social will be held on Sunday, August 9th. Grace Scalera will chair.

The Craft Fair will be held on Saturday, October 17th. Please note that this will be a one-day Fair this year. Judy Kearns will chair, assisted by Gemma Bizier and Christine Sleight.
Your Life, Your Legacy**: Wednesday, March 4th at 12:30-3:00 pm, Green Funeral Home, part of the Dignity Memorial network, will explain the importance and simplicity of planning funeral and cemetery arrangements in advance. It is conducted by trained, experienced funeral professionals and lunch will be served. Call today to reserve a lunch or come just to listen.

**Garden Club is back!**

**Garden Club meeting:** Friday, March 6th, 10am

The Garden Club meets the first Friday of the month at 10am at the Senior Center unless otherwise noted in the calendar. We visit local and member gardens, as well as sites throughout the tri-state region. We invite speakers to lecture on gardening topics. Newcomers are welcome. and

**Garden Club Luncheon:** Wednesday, March 18th, 1:00 pm: Members get together to celebrate the near arrival of spring. Further luncheon plans to be announced at the March 6th meeting.

**Discussion Group with Kathy and Devyn:**

Tuesday, March 10th 10:30am. We’ll start with an issue that’s been in the news and examine the pros and cons in relation to your opinions. We look forward to exploring and sharing thoughts and ideas.

**Mr. Fix It-electrical:** Tuesday, March 10th at 1-3pm A retired Electrician has volunteered to review your broken electrical items and do minor electrical repairs if repairable. Small electrical items only accepted Appointments take place at Senior Center. Repairs are performed during scheduled appointment only. Sign up for an available time slot.

**Lifeline GoSafe:** Tuesday, March 10th at 1:30 pm RVNA presents an informational session about Philips Lifeline’s most advanced personal emergency response system. GoSafe is designed for those who go out and live life to the fullest!

**Massages with Scott:** Wednesday, March 11th and 25th, 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.

**Life Transition/Assisted Living:** Wednesday, March 11th, 1:30 pm: Learn the levels of care available and how to prepare for a transition. Also what is offered at The Cascades.

**Women’s Book Discussion Group:** Thursday, March 12th and 19th at 11am. The choice of reading will be “The Paris Wife” by Paula McLain, there is a cost of $8.

**Judge Martin Landgrebe:** Friday, March 13th, 9:30am-12pm. Bring questions on different aspects of probate that you may have, including guardianships, living trusts, unclaimed property, estate taxes and administering decedents’ estates.
### Flavio Ribeiro Complimentary Holistic Healing:
**Friday, March 20th, starts at 10am** On the 3rd Friday of every month Flavio Ribeiro, expert in the holistic systems of healing, is offering FREE 30-minute sessions in Reiki. Feel better with Flavio. Sign up with the receptionist.

### Robert’s Haircutting for Men:
**Monday, March 16th, 12:30-4pm** Robert offers 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 ten dollars.

### Blood Pressure Screening and “Ask the Nurse”:
**Wednesday, March 18th, 1pm** Masonicare Home Health is here the 3rd Wednesday of each month starting Blood Pressure Screening at 1pm. This provider welcomes your health questions, too.

### Casino Trip!: **Monday, March 23rd**, leave 8:30am Spend a day at the legendary Mohegan Sun for only $28 including food vouchers, free bets, and your driver’s tip. Sign up with the receptionist, seats sell quickly.

### Hearing Seminar: **Tuesday, March 24th,** Come and learn why we can hear, but not always understand what is being said. Scott A. Adamsons of Hearing Aid Specialists of CT will be presenting “Hear Better. Live Better”. Scott has years of experience helping people rediscover their hearing potential.

### As Seen On TV!:
**Wednesday, March 25th,** As Seen on TV products started back in the 1950’s with Ron Popeil’s. Remember the Veg-O-Matic? It’s now featured in the Smithsonian Institute. And who can forget The Clapper or Chia Pet? More recent As Seen On TV products include the Ped Egg, Jeaneez, and Wobble Wag for your dog. If you have an item that was demonstrated on TV, bring it in for a live demonstration or just to show it off. This should be fun!

### Nutrition with Terry Lent: “Healing Spices”
**-Thursday, March 26th 1:00am**. Are you searching for natural solutions to help prevent disease or ease common complaints? Look no further than the spice rack in your kitchen cabinet. During this free discussion you will learn the healing properties and medicinal uses of some commonly used spices.

### Foot Reflexology Appointments with Kim Stewart:
**Monday March 30th 10-12pm** Reflexology reduces stress, promotes relaxation, improves circulation of oxygen and nutrients, also detoxifies and cleanses the body. Kim Stewart, nationally certified reflexologist, provides MONTHLY one-on-one therapy appointments. Learn how to improve your health with this holistic technique. Since this is partly funded by the Friends of the NFSC, you may sign up for a 20-minute appt. for only $15.

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### April Preview

**Mother/Daughter Tea:** **Thursday April 2nd 3:30pm**
This perennial favorite takes mothers and daughters away from their busy schedules to a delightful tea party. Delicious pastries and tea sandwiches are beautifully presented at the buffet table accompanied by classical music. It’s the perfect setting for caring conversation. Your daughter could be anyone important in your life that you would like to share this special time with. Registration is required and is for only one Mother with one “Daughter” due to space limitations. (No children under eight please). Sponsored by the Friends of the Senior Center.

**USS Intrepid Talk:** **Thursday, April 9th, 1pm**
Art Gottlieb

**AARP Safe Driving Course:** **Wednesday, April 15th 8:30 am-1 pm:** This 4-hour course costs only $15 for AARP members and $20 for non-members. Payment for the class with a check made out to AARP at the time of registration is required.

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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.

**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.

**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.

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**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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**Foot Reflexology Appointments with Kim Stewart:** **Monday March 30th 10-12pm** Reflexology reduces stress, promotes relaxation, improves circulation of oxygen and nutrients, also detoxifies and cleanses the body. Kim Stewart, nationally certified reflexologist, provides MONTHLY one-on-one therapy appointments. Learn how to improve your health with this holistic technique. Since this is partly funded by the Friends of the NFSC, you may sign up for a 20-minute appt. for only $15.
Alexander Graham Bell was granted the first official patent for his telephone in March 1876 and only 139 years later, we'll celebrate with music and museum. View a hands-on display of phones from the Vintage Radio and Communications Museum of CT and rock to the music of Billy Michael. A long-time Senior Center friend, Billy performs a variety of popular music from all eras. His versatile style brings the concept of audience participation to a whole new level. $4 pp.

Larry Noiva and Friends
award-winning ventriloquist and stand-up comedian
March 19th, 2015, at 1:00 pm

Noiva and his puppet trio truly deliver as a modern-day ventriloquist act. His act’s one-liners, deadpan jokes, and masterful banter create an unbelievably lively show that always pokes at your funny bone and sometimes pulls at your heartstrings. $5 pp

Trips:

We still have a few openings!!:

St. Patrick’s Day Celebration at Gavin’s Golden Hill Resort

“A bit of Ireland in the Catskills”

Thursday, March 12th, 2015. Your day includes a coffee stop on the way to the resort in the Catskill region of New York. At the resort, enjoy a complete Irish Luncheon with a choice of Corned Beef and Cabbage, Salmon, or Chicken Francaise. Entertainment includes an Irish Sing-along with a complimentary drink in the pub. Irish Step Dancers will add the finishing touches to a wonderful show. Your day also includes a visit to the village of East Durham, note for its shamrock decorated road and featuring Irish gift shops and a country store for shopping. $81.00 per person.

Maple Sugar Shack Pancake Breakfast, Sugarhouse Tour, Norman Rockwell Museum

Tuesday, April 7, 2015. A delicious pancake breakfast smothered in locally-made maple syrup, served with bacon or sausage, is part of your visit to the Ioka Valley Farm in the Berkshires which includes a tour of the Sugar house. The Norman Rockwell Museum presents the world’s largest collection of original Norman Rockwell art. Experience Rockwell’s art, life and legacy in the artist’s picturesque hometown of Stockbridge, MA. $78 per person.

Get your name on the waiting list for:

The River Rose Cruise

Tuesday, May 19th, 2015