I heard a new term the other day and I’m adopting it— “re-firing” It’s the perfect description of what I see going on at our Senior Center. No one here is retiring, they’re re-firing, reigniting their lives with new activities, new friendships, rekindling hidden talents, and stirring the embers that may have been sitting for awhile. The fall is a great time to re-fire as we’re reminded of our school days and the new starts we experienced each September. I’m inspired by everyone who walks in here. You are all re-firing and reminding me to do the same. Here are some photos to illustrate that:

Our newest Environment Corps volunteer, Steve, collects a sample for the Candlewood Lake Authority.

Gloria prepares to eat her 4th at the Lobster Fest in Holyoke, MA.

Winners of the “Best Theme” in the 4th of July Parade: “Build your Character at the Senior Center”

Our Walking Club celebrated “halfway to Australia” with lunch at American Pie.

Sonny & Carol & Janet on the boat to Sheffield Island.

Couldn’t resist including this 1947 wedding photo of a handsome soldier and his sultry bride. See if you can guess who just celebrated 71 years of marriage on August 10th! (answer on page 2 along with our plans for New Fairfield Family Day!)
From the Desk of Cindy White, Director of Social Services:

Emergency Special Assistance Registration

What if an emergency were to occur, would you need special assistance to evacuate your home due to a medical condition or disability? If so, the New Fairfield Office of Emergency Management and the New Fairfield Department of Social Services has a registry for people who may require special assistance in the event of a disaster, such as a tornado, severe storm, or chemical spill. This is a voluntary registration and the information submitted will be used by emergency personnel to assure the safety of those with special needs if an emergency should occur. If you, a member of your family, or a neighbor may require special assistance in an evacuation or you would like to update an already existing form, please contact the Emergency Management Office at (203) 312-5723 or the New Fairfield Social Services at (203) 312-5669 to request a Special Assistance Voluntary Registration Form.

Movies
All Friday movies are at 1:00 pm unless stated otherwise

“A Bronx Tale”, Friday, September 7
As he grows into a teenager on the streets of the Bronx in the socially turbulent 1960s, Calogero (Lillo Brancato) gets taken under the wing of neighborhood mobster Sonny (Chazz Palminteri). Sonny initiates the boy into the ways of gangland life, in direct conflict with his straight-arrow bus driver father (Robert De Niro). But when Calogero falls for his African-American classmate, Jane (Taral Hicks), the repercussions threaten the entire neighborhood.

“All The Money In The World”, Friday, September 14
ALL THE MONEY IN THE WORLD follows the kidnapping of 16-year-old John Paul Getty III (Charlie Plummer) and the desperate attempt by his devoted mother Gail (Michelle Williams) to convince his billionaire grandfather (Christopher Plummer) to pay the ransom. When Getty Sr. refuses, Gail attempts to sway him as her son's captors become increasingly volatile and brutal. With her son's life in the balance, Gail and Getty's advisor (Mark Wahlberg) become unlikely allies in the race against time that ultimately reveals the true and lasting value of love over money.

“Beatriz At Dinner”, Friday, September 21
Beatriz (Salma Hayek), an immigrant from a poor town in Mexico, has drawn on her innate kindness to build a career as a health practitioner in Los Angeles. Doug Strutt (John Lithgow) is a cutthroat, self-satisfied billionaire. When these two opposites meet at a dinner party, their worlds collide and neither will ever be the same.

“I Can Only Imagine”, Friday, September 28
The inspiring and unknown true story behind MercyMe's beloved, chart topping song that brings ultimate hope to so many is a gripping reminder of the power of true forgiveness.

National Senior Center Month and New Fairfield Family Day
September 15, 2018

September is National Senior Center Month. The 2018 theme is Senior Centers: Building Momentum! People everywhere are realizing what a vital part of the community their senior center is. To that end we are showcasing what goes on in our Senior Center on New Fairfield Family Day. Tell everyone you know to add the Senior Center to their list of stops on Saturday, September 15th between 12 and 4 pm. There will be opportunities to sample Bodies in Motion, Zumba, and Tai Chi. We will have sewing and painting demonstrations, an Origami workshop, and families can piece together a quilt top design and take their photo with it while they sip lemonade.

And here’s the answer to our mystery couple on the cover: It’s Egede and Lorenzo (Charlie) Piscitelli. Charlie was so in love with Egede that he re-enlisted for two years after the war just to be near her. When those two years were up, they married and moved to the U.S.
Highlights of Our Center Programs and Activities

Come in for a calendar or visit http://www.newfairfieldseniorcenter.com/

**Investment Club** – Tuesdays, 1:30 pm
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.

**Men’s Breakfast Club** Tuesday, September 4th, 8:30 am
Enjoy some hot catered breakfast foods. Donations are kindly requested to offset the cost of breakfast. Registration is required.

**New New Foot Care:** Wednesday, September 5th at 9:00 am
Dr. Paul Betzchart and his assistant Susan Tauro will be here every other month to provide the following services: Assessment of the feet and lower extremities, Trimming of Nails, Filing and Cleaning of Toenails, Smoothing of Corns and Callouses. By appointment only. Medicare covers this so you will fill out a simple form and bring your Medicare card and a photo ID when scheduling your first appointment. No insurance? Cash visits are available, $150 for the first visit and $85 every time thereafter. House calls are available for homebound patients only. Happy feet mean happy walking!

**Your Electric Bill** – Tuesdays at 11:00 am
Schedule an appointment with Doug Stram who will help you analyze your electric bill and find the company with the best rates. He can also show you how to read your own meter and get your cost down.

**Walking Club:**
Tuesday, September 4, 9:00 Leave for Squantz Pond, Tuesday, September 11, 10:30 am General Meeting. Think about trips for October
Tuesday, September 18, 9:00 Leave for Tarrywile Park
Tuesday, September 25, 9:00 Leave for Lakeside, Pawling

**Bronx Club:** Wednesday, September 5th at 11:00 pm
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!

**Alaska Picture Party:** Wednesday, September 5th at 1:00 pm
When was the last time you experienced something that took your breath away? Well, the time is now. The Senior Center will be holding an Alaska Picture Party. Come see all that this great land has to offer; Towering Mountains, Ice Age Glaciers, and so much more. The passengers from the Alaska trip will be here to share their beautiful pictures. Come enjoy this “armchair” trip of Alaska.

**Piano Lessons:** Mondays 2:30 pm
Walter Jakoboski offers private piano instruction on Mondays right at the Senior Center. He offers a reduced rate for seniors for 30 minutes and, whether beginner or more advanced, he can tailor the class to you.

**New Moon Talks:** Thursday, September 6th at 1:00 pm
Learn about the sign of Virgo, set goals for clarity, clear thinking, getting serious, and more. Virgo is the guide to turn inward and ask the Big Questions!

**Introduction to Computers:** Thursdays, September 6, 13, 20 and 27
Have you ever wanted to use a computer, but didn’t know how? With Introduction to Computers, you will learn the basics of operating a computer, using a browser to surf the internet and the basics of using Windows.

**Garden Club:** Friday, September 7th, 10:00 am
The Garden Club meets the first Friday of the month 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 garden topics. This month hear about “Tower Gardens” with Mandy Birdsall. All are welcome.

**Caregiver Support Group:** Saturday, September 8th, 10:00 am
Maureen Salerno, LCSW, offers this session for caregivers who need support and information. This group is for any family member or friend who cares for a loved one, whether the limitation is due to an illness, an injury, dementia or something else.

**Hot Dog Bingo:** Monday, September 10th, at 1:15 pm
Hot Dog! $5 covers both 1st Bingo card and refreshments. Additional cards are $1.00 each. Please, adults only. Come for fun.

**Haircuts by Linda:** Tuesday September 11th, 10:30 am
Linda Mezzatest offers discounted haircuts for men and women right here at the Senior Center. Please call Linda to make an appointment, 203-512-5365

**The Price Is Right:** Thursday, September 12th at 1:00 pm
Come on down!!!! Let’s play “The Price is Right”. Tracy Brady from Visiting Angels will be here to host this fun, lively game. If you are lucky, you may go home with a prize.

**Massages with Scott:** Wednesday September 19th and 26th, 2-3 pm
September 12 appointments have been cancelled. Scott Coldwell of Phoenix Therapeutic Massage & Personal Training is an ACSM Certified Personal Trainer, a Licensed Massage Therapist and a Certified Wellness coach.
More highlights:

**Womens Book Club – September 13 & Sept. 20**
We will be reading *The Red Tent by Anita Diamant*. Told in Dinah’s voice, Anita Diamant imagines the traditions and tumults of ancient womanhood—the world of the red tent. It begins with the story of the mothers—Leah, Rachel, Zilpah, and Bilhah—the four wives of Jacob. A new view of biblical women’s lives.

**Blood Pressure Screening:** Thursday, September 13th, 9:00-10:00 am and Tuesday, September 18th, 1:00-2:00
Come for a free screening of your blood pressure.

**French Class:** Thursdays 9:00 am
This fun and casual class taught by Claire Tuffereau is for those who have a basic knowledge of French and want to keep that knowledge alive, and it is also for people who had one or two or more years of French in school and think they have forgotten most of it.

**Technology Assistance:** Thursday’s 3:00 pm

**Judge Martin Landgrebe:** Friday, September 14, 10:00am-12pm.
Bring questions on different aspects of probate that you may have, including guardianships, living trusts, unclaimed property, estate taxes and administering decedents’ estates.

**Bible Study:** Monday, September 17th at 1:00 pm
Father Nick from St. Edward’s Church will be conducting the Bible Study.

**Jokesercise:** Monday, September 17th at 1:00 pm
Howard Newman, Comedian and Fitness Guru, has headlined nationally on the comedy club circuit for over 15 years. He is also a Certified Personal Trainer home-based at New York Health and Racquet Club for the past five years, specializing in senior fitness. Come join Howard and laugh your way through fitness. Treat yourself to this fun event!

**Kathy’s Discussion Group:** Tuesday, September 18th at 2:00 pm
We explore and share thoughts, we reminisce and sometimes we solve the world’s problems.

**Friends Meeting – Tuesday, September 18th at 4:00 pm**
The Friends are always looking to welcome new members and fresh ideas for their projects and fundraising events.

**Elder Law Lunch and Learn:** Thursday, September 20th at 12:30pm
Come enjoy a tasty lunch provided by Bethel Health Care and stay while Murphy and Murphy teaches you about how to preserve your assets and income by using Medicaid’s technical rules for you instead of against you.

**Flavio Ribeiro Complimentary Holistic Healing:** Friday, September 21st, at 10am
Flavio Ribeiro, expert in the holistic systems of healing, offers FREE 30-minute sessions in Reiki, feel better with Flavio. Sign up with the receptionist.

**Foot Reflexology Appointments with Kim Stewart:** Monday, September 24th, 10-12pm
Reflexology reduces stress, promotes relaxation, improves circulation of oxygen and nutrients, also detoxifies and cleanses the body. Kim Stewart is a nationally certified reflexologist, Partly funded by the Friends of the NFSC, your 20-minute appt. is only $15.

**Origami:** Monday, September 24th at 2:00 pm
Come learn how to make an Origami Project using paper and a few simple folds. This month we will be learning how to make an Origami Project using paper and a few simple folds.

**What You Need to Know About Hearing Loss with Beltone:** Monday, September 24th at 1:00 pm
This program will cover the different types of hearing loss and how they occur, the symptoms of hearing loss and its long term effects, and a brief summary of the benefits of hearing aids. Questions are encouraged and we offer free evaluations at our office for anyone who is interested in setting up an appointment to have their hearing tested.

**Red Hat Luncheon:** Tuesday, September 25, 1pm
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.

**Terry Lent Nutrition: The Lemon:** Thursday, September 27th at 1:00pm
This tart, flavorful fruit contains generous amounts of both potassium (which helps to lower blood pressure) and vitamin C (which boosts the immune system). The peel or zest of lemon is rich in limonene, a phytonutrient that provides anticancer benefits. Learn this and much more about the benefits of lemons at this free and informative talk.

**Two Flu Shot Clinics here at the Senior Center in October:**
- Monday, October 1st, 1-3:00 pm with the RVNA
- Wednesday, October 17th, 1-3:00 pm with Bethel VNA
No need to sign up. Bring your insurance card.

**New This Month – Let’s Stick Together**
Notice the big poster in the Great Room with empty grids that contain letters. Every time you check in using your key card you will be handed sticker(s) that you can apply to the large coded grid. Once all the stickers are attached, a vibrant mosaic image will be revealed!
Trips

When a trip is full, we encourage people to take advantage of our wait list. It costs nothing to add your name and phone number and there's always a good possibility of getting onto the trip as cancellations come up often.

Like to sit with a friend? Please tell us when you sign up so we know.

See all the trip flyers at the Senior Center or on our website www.newfairfieldseniorcenter.com

Nothing kills a good program or trip faster than everyone waiting until the last minute to register. Registration deadlines are very important for planning purposes, for the Senior Center staff and for travel companies. If there aren't enough registered participants by the deadline, we have to cancel trips and programs. So please...Register Early!

Overnight:

October 12-14, 2018, 3 days & 2 nights
Fabulous Fifties Weekend in Wildwood, NJ; Rock n Roll Party with Chubby Checker, Bobby Rydell, Frankie Avalon; Trolley ride through Cape May; Street Fair; Beautiful Smithville. All this and more, $330 double, $52 single supplement.

Day Trips

Westchester Broadway Theatre – Phantom – September 19 - $94
Relive the glory of this hauntingly romantic musical thriller and worldwide sensation at The Westchester Dinner Theatre located in Elmsford, NY an elegant theater, featuring fine dining and full scale musical productions. Once at your table, you’l select from an excellent menu and enjoy a pre-show lunch.

Oktoberfest at Krucker's – October 9 - $93
Enjoy a full day of entertainment, food, fun, music and dancing at Krucker’s in Pomona, NY

Visit the Red Lion Inn & the Mount - Thursday, October 25, 2018
Do you Believe in Ghosts?
Late lunch at the famous Red Lion Inn in Stockbridge, Bartlett's Orchard for fall produce and fresh baked goods, Edith Wharton's "The Mount" for a tour and stories based on real experiences of visitors having ghostly encounters.

Toast to the Armed Forces and Veterans— November 13 —$85
Travel to Grand Oak Villa in Oakville, CT, for a very special day as we honor our Armed Forces and Veterans with a sparkling show that will bring back a flood of memories.

Radio City Christmas Spectacular – December 12 - $150
Enjoy a pre-theatre lunch at Mont Blanc 52. After lunch relax in your Orchestra seat at Radio City for an America’s favorite holiday tradition!

British Landscapes – Oct 25-Nov 3 - $3,889
Highlights of this trip include: London, York, Edinburgh Castle, Choices on Tour, Lake district, Castle Stay, North Wales, Stratford -upon-Avon, Stonehenge, and Cotswolds.

Springtime Tulip River Cruise – April 18-26, 2019
Highlights: Amsterdam, 7-Night River Cruise, Volendam, Arnhem, Middelburg, Ghent, Bruges, Antwerp, Kinderdijk Windmills, Keukenhof Gardens
New Fairfield Senior Center
33 Route 37
New Fairfield, CT 06812
Phone (203) 312-5665

Don’t Forget to Exercise
Bodies in Motion: Mondays or Thursdays at 10:45 am.
*Zumba Dance Exercise: Mondays or Wednesdays at 9:30 am.
*Movers & Shapers: Tuesdays or Thursdays, 9:30 am,
*Yoga: Tuesdays at 1 pm or Fridays at 9 am or Mondays at 5:15 pm
*Tai Chi: Tuesdays at 10:30 am
Weight Training: Wednesdays 10:45 am
Sittercise: Wednesdays at 12:45 pm
* indicates cost of $30 for set 6 weeks

AARP Defensive Driving Course –
October 10th, 9:00 am—1:00 pm
AARP offers this defensive driving course for members ($15) and non members ($20).
Please sign up with the receptionist.

GRANNY’S CRAFT & BAKE SALE
Satuarday, October 27th 12-4pm
Sponsored by the Friends of the Senior Center, this is your first and best chance to find some handmade items before the holidays.
Choose from a vast assortment of crafts and baked goods for sale, buy a few tickets for a chance on the many raffle items, and stay for lunch. The kitchen will be open with reasonably priced food and drinks.

Halloween-Aversary Party
Wednesday, October 31st 1:00 pm
Celebrating the original opening of the New Fairfield Senior Center and Halloween together will be entertaining, comical, and terrifying all at the same time. You decide which you will be when you don your best costume and join friends for an afternoon of fun and light refreshments. Be sure to sign up ahead for only $5.00.