



**Timeless Newtown Events
(as of March 16, 2025)**

Every Tuesday – Free Write Weekly at the Library (*NEW* now includes Memoir Writing), 6 – 7:30 p.m. C.H. Booth Library, Antiques Room, 25 Main Street. Free. Are you looking to work on a project? A set schedule and dedicated time is the best way to get work done! Join our weekly writing session to focus on your novel, screenplay, thesis, memoir—whatever you need to get done. Each session will have fifteen minutes to chat about what we're working on and get settled, then a solid hour to get writing. Sponsor: C.H.B. Library. Register at chboothlibrary.org or by calling 203-426-4533.

Every Wednesday – 30-Minute Flex & Balance with Sean Fitzpatrick via Zoom, 10:30 – 11 a.m. Free. A gentle 30-minute exercise session where you can practice your flexibility and balance. Sponsor: C.H.B. Library. Register for the Zoom link at chboothlibrary.org or by calling 203-426-4533.

Second Tuesday of the Month – Heartspeak, Newtown Senior Center, 8 Simpson Street, Newtown. Free (anyone who is not a member of the Senior Center need only mention that the fee is to be waived for this program). Preserving life's most cherished memories with your beloved. Hosted by John Bobowski. Do you have heartwarming tales that you're eager to share with your grandkids or best friends? Imagine them enjoying your adventures whenever they want! Swing by our gathering, and we'll reveal the tricks to transform those stories into treasures! Prepare to immortalize your incredible journey by pressing that enchanting record button. Register by calling the Senior Center: 203-270-4510.

March 23, Stay Home and Explore the World: A Poetry Class with Sandy Carlson, 12:30 – 2 p.m. C.H. Booth Library, 25 Main Street. Free. The class will begin with strategies and activities to explore poems by local poets. Participants will then write

either individually or collaboratively, creating a community poem. Sandy Carlson is poet laureate emerita of Woodbury and a high school English teacher. She and her husband, Ed Dzitko, publish the Orenaug Mountain Poetry Journal and Orenaug Mountain Publishing. This event is open to adults of all experience levels, including beginners! Sponsor: C.H.B. Library. Register at chboothlibrary.org or by calling 203-426-4533.

March 29 – Honey and Its Healing Properties, 2 p.m. C.H. Booth Library Meeting Room, 25 Main Street. Free. Honey has been revered by the ancients for its health benefits and healing properties. Learn why it is a trusted Complementary medicinal product. Honey has valuable antimicrobial and antibacterial properties. Learn all about the benefits and the differences between natural honey and medical grade honey in this comprehensive program. Sponsor: C.H.B. Library. Register at chboothlibrary.org or by calling 203-426-4533. Space is limited.

March 31 – Adult Show and Tell! 2 p.m., C. H. Booth Library Meeting Room. Free. It's the adults' turn for show and tell! Tell a story with one object at an Adult Show and Tell. Share a toy from your childhood, a family heirloom, a keepsake, a souvenir, a story, or an interesting item from your collection. Join us to have fun, learn something, and meet new people! Sponsor: C.H.B. Library. Please register at chboothlibrary.org or by calling 203-426-4533.

April 1 - Why Attitudes Toward Age and Aging Matter: Panel Presentation, 5:30 – 7 p.m., Community Center, 8 Simpson Street. Free. A moderated panel representing various stages of life will discuss perspectives on aging and why they matter. Panel: John Boccuzzi (an older adult's perspective), Brianna Garrison (professor's academic perspective), Marissa Greene (a college student's perspective), and Nancy Rhodes. Sponsor: Friends of Newtown Seniors. Partner: Newtown Community Center. Register at <https://www.zeffy.com/en-US/ticketing/attitudes-toward-ageing-and-why-they-matter>.

April 12 Community Yoga Class Series, 9:45 to 10:45 a.m. C.H. Booth Library Meeting Room, 25 Main Street. Free. Enjoy an hour of relaxing and gentle yoga led by instructor Alyssa Mancini. Please dress comfortably and bring your own yoga mat or towel. Registration is required for April 12 and each of the **subsequent classes (April 19/May10/May17/May 24/May 31)** and space is limited. Sponsor: C.H.Booth Library. Register at chboothlibrary.org or by calling 203-426-4533.

April 15 – A Holistic Health Perspective: Panel Presentation, 5:30 – 7 p.m., Community Center, 8 Simpson Street. Free. A moderated panel of health professional will discuss emotional, physical, mental, and social implications of aging and discuss why every one of every age should know about this. Experts include Human Services Worker (mental health perspective), A student of Gerontology (emotional health perspective), an older adult (social perspective), and a physician (physical perspective). Free. Sponsor: Friends of Newtown Seniors. Partner: Community Center. Register at Newtown Community Center: <https://newtowncommunitycenter.org>, 203-270-4349.

April 24 – Essentials for Safe Hiking for Adults New to Hiking, 10 a.m., Nunnawauk Meadows Community Room, 3 Nunnawauk Road, Newtown, (due to limited parking, a bus at the Senior Center will shuttle attendees to Nunnawauk starting at 9:30). Free.

Linda Dunn of Newtown Hikers, presenter, will discuss how to prepare for a hike, equipment, what to do in an emergency, and answer your questions after her talk. For anyone, including seniors, who might be new to hiking and would like to learn about it! Sponsored by Newtown Parks & Rec and Newtown Hikers; Partners: Nunnawauk Meadows and Senior Center. Nunnawauk residents sign up at Nunnawauk Meadows Office; Senior Center members sign up at Senior Center; all other community members sign up by emailing Andrea Zimmermann at apzwriter@yahoo.com. Registration required.

April 24 – Factors that Impact the Aging Process with Gerontologist Dr. Joseph DeMayo, 3 p.m. at C.H. Booth Library Community Room, 25 Main Street, Newtown. Free. Sign up for this insightful presentation on the key factors that influence aging. Dr. DeMayo will explore the importance of human connection and involvement in maintaining overall well-being, as well as the role of your health care provider as a partner in healthy aging. A Q&A session will follow, offering attendees the opportunity to ask questions and engage in discussion. Sponsor: Friends of Newtown Seniors. Partner: C.H. Booth Library. Register at chboothlibrary.org or by calling 203-426-4533.

May 5 – Gentle Morning Hike for People New to Hiking. Led by Lou Picchione of Newtown Hikers. Free. Sign-up/time/location at Safe Hiking Talk on April 24. Sponsors: Newtown Parks & Rec. and Newtown Hikers.

May 5 – Building Health Partnerships: How to Collaborate with Your Doctor for Better Care, C.H.Booth Library Meeting Room, 3 p.m. Free. Dr. Aiswarya Thomas, Executive Medical Director, Academic Internal Medicine Clinic Assistant Program Director, Danbury Hospital Internal Medicine Residency Adult Community Health Center, Nuvance Health/CIFC Health, and two medical residents will share information on how to prepare for your appointments, ask the right questions, and work with your doctor to make informed decisions about your care. Discover strategies for building a stronger, more collaborative relationship with your healthcare provider to ensure your health needs are met and that your voice is heard. Bring your questions for a Q&A following the presentation. Sponsor: Friends of Newtown Seniors. Partner: C.H. Booth Library. Register at chboothlibrary.org or by calling 203-426-4533.

May 21 – The Latest Research on Aging, presentation by Jenna Bartley, PhD, LCSW-S, College of Health and Human Services, SCSU, followed by a Q&A. 3 p.m. C.H. Booth Library Community Room, 25 Main Street, Newtown. Free. Sponsor: Friends of Newtown Seniors. Partner: C.H. Booth Library. Register at chboothlibrary.org or by calling 203-426-4533.

June 21 – Town Picnic at Holcombe Hill and One Book / One Town Kick-Off, 55 Great Hill Road. Free. Bring your own blanket/folding chairs and picnic; beverages and dessert provided. (No alcohol; no grills.) Kick-Off to Community Read, *Ageism Unmasked: Exploring Age Bias and How to End It* (and *A Kid's Book About Ageism*) –

books will be given away at picnic. Sponsor: Friends of Newtown Seniors; Partner: Newtown Forest Association. (Rain date, June 28). Save the date! More info to come.

June 4 – Make an Herb Dish Garden to Snazzy-Up Meals, Newtown Senior Center, 8 Simpson Street, Newtown. Free. Sponsor: Garden Club of Newtown; Partner: Newtown Senior Center. Plant a garden to take home and learn about ways to use herbs in cooking. Sign-up begins in May. Space is limited.

July – August – Read and Discuss the One Book / One Town title, *Ageism Unmasked: Exploring Age Bias and How to End it* by Tracey Gendron. Free. Books are available at Town Picnic and, afterwards, at C.H. Booth Library. Discussions will take place throughout town. Sponsors: Jeniam Foundation, Anne Rothstein, Caraluzzi's Market; Partner: C.H. Booth Library. Details to come.

September 13 – Shinrin Yoku (Forest Bathing) for 18+. 10 a.m. Free. Led by Jennifer Salkin, Forest Therapy Guide certified by the Assoc. of Nature and Forest Therapy Guides and Programs. Forest bathing is a very relaxed, slow, and mindful way of experiencing the natural world that has many health benefits. Health benefits come not through physical exertion but through focus on our senses through a series of invitations or exercises to develop an immediate connection with the forest. Please dress comfortably and wear walking shoes. Long pants are recommended as a precaution against ticks. We will stop many times during the 1-hour walk. This walk is for people of all fitness levels; we will cover a distance of about a mile. Sponsor: Friends of Newtown Seniors; Partner: Newtown Forest Association. Registration required. Space is limited. (Rain date Sept. 20). Sign-up begins in August.

September 18 – Author Talk and Q&A with Tracey Gendron, Author of *Ageism Unmasked*. 7 p.m. Edmond Town Hall Theater, 45 Main Street. Ticketed but free. Dr. Gendron is an internationally recognized gerontologist with almost 30 years of experience, as well as a university professor, author, and activist. Meet and Greet / Book Signing afterwards. Tickets will be available at the library after the One Book / One Town kick-off. Details coming. Save the date!