

Senior Center

Welcome to the
Southbury Senior Center!

February 2024

CONTACT US:



561 Main Street South
Southbury, CT 06488



(203) 262-0651
(203) 262-0652 (Transportation)



www.southbury-ct.org/seniors



Monday-Thursday: 8am-4:30pm
Friday: 8am-1:00pm



GREETINGS!

One thing my staff and I have in common is that we love animals, especially cats. Each February, we celebrate National Cat Health Month! Cats are amazing creatures and deserve a month dedicated to their well-being, and you can use the month to spoil your cat with new toys, treats and spend more quality time with your feline friend. National Cat Health Month is an excellent time to schedule an annual exam and consider getting your pet spayed or neutered.



Helping out at shelters is another excellent way to celebrate the month. Volunteering gives you a chance to help the staff and provide the cats in the shelter some extra love and attention. Volunteering improves your physical and mental health, provides a sense of purpose, and helps nurture new and existing relationships. Remember, if you can't physically volunteer, you can always make a monetary donation or donate blankets, toys, food, etc.

Speaking of volunteering, if you would like to volunteer at the Senior Center, or need some ideas of where to volunteer in the Southbury community, please reach out to our office.

Best,

Andrea



Crafting with Dana
Candlewood Valley Health

Monday, February 5
10:00am

Create a Valentine Craft with Dana



Swedish Massage

Tuesdays, February 6th, 13th
& 20th

12:30pm-3:30 pm

Enjoy a THERAPEUTIC MASSAGE WITH ANDREA

State protocols will be followed to ensure a safe and relaxing experience. Massage reduces stress and circulation and lowers heart rate and blood pressure.

30 minute massage \$35/60 minute massage \$55

Due to the popularity of Swedish Massage, we are allowing only 1 session per month per member to allow others to enjoy the program.

Call to schedule your appointment
beginning February 1st.

ALL PROGRAMS ARE FOR SOUTHBURY SENIOR CENTER MEMBERS ONLY UNLESS OTHERWISE STATED.

FEBRUARY 2024 - GREETINGS AND PROGRAMS OFFERED

Page 2

DEAR FRIENDS,



The month of **LOVE** is upon us! We have some fun programs this month and our annual trip to the Connecticut Flower and Garden Show for a touch of spring! There is also a fun trip to Lessard Lanes for some bowling and mini golf on the 12th. Jennifer Hernandez from the Lutheran Home of Southbury is here on Valentine's Day with cupcake decorating! And at the end of the month José Paulo returns to entertain us all at our annual Mardi Gras celebration! Warm Regards,

Kathy



Mini Facials With Laura Monday February 12 11:00 - 1:00

Experience a skin analysis followed by a Customized, Mini Facial with Laura

30 min -\$50

Also Offering Waxing

Brows \$15/ Brow design \$25/Lip \$10/ Chin \$10

Call to schedule your appointment.

Call February 1st to register.



**Wednesday
February 13
1:00 PM**

February's book:

The Huntress by Kate Quinn (2019)

Described by many as a thriller, this novel revolves around a Russian female bomber pilot and a British war reporter who work together as Nazi hunters, post World War II. In 2019 the book was nominated for best historical fiction. The book shows how individual lives are affected by war for years after.

Might you want to read this book (available at the Southbury Library behind the front desk) and join in our discussion on February 13th at 1pm

Great Courses Wednesday February 13 10:00 AM

This month we will be offering our members Great Courses Turning Points in American History 1989 Collapse- The End of the Cold War. The filmed lecture by Professor Edward T. O'Donnell, Associate Professor of History at the College of the Holy Cross in Worcester, Ma lasts around 30 minutes. The cold war dominated U.S. politics from 1945 to the early 1990s. It led to massive military expenditures and several major wars and proxy conflicts. At home, Americans lived in constant fear of nuclear annihilation and communist subversives in their own backyards. The collapse of the Soviet bloc, starting with East Germany in 1989, ended the cold war and left America in the welcome but unexpected position of being the world's only superpower.

Cupcake Decorating

Wednesday, February 14

11:00 - 12:00

Instructor Jennifer Hernandez, Lutheran Home

Join us! In this class you will learn the essential techniques to decorating cupcakes for Valentine's day! You will create beautiful creative cupcakes that will ignite your imagination and amaze your family and friends! You will decorate 3 fresh baked cupcakes for yourself or your loved ones!

we will provide you techniques on how to apply the icing and decorating beautiful cupcakes for Valentine's day! limited to 12 attendees.

Call February 1st to register.



**WITH ANDREA!
MONDAYS, 10:45-11:45**

ALL TIMES ARE TUESDAYS AT 2:00 PM AT THE SENIOR CENTER

Senior Learning Network has fantastic programs that include something for everyone! These programs will be available at the Senior Center on our big screen and you will be able to ask questions and participate in a group setting. Please be sure to read the content program before attending to avoid confusion or disappointment.

February 6- Cane River Creole National Park, Louisiana

This unique Louisiana park includes 44.16 acres of Oakland Plantation and 18.75 acres of Magnolia Plantation. The two park sites include a total of 67 historic structures remnant from 200 years of plantation life. Descendants of the plantations' owners and descendants of the plantations' laborers remained on the land through periods of prosperity and depression, war and peace, and dramatic changes in governments, agriculture, technology, and labor systems. Join us as we learn about the skills and strengths of enslaved African Americans who persevered in all of life.

**February 13th The Glorious Glaciers! Glacier Bay National Park and Preserve, AK**

Glacier Bay National Park has a dynamic glacial history. The area and its people have observed the tidewater glacier cycle of advance and retreat. Today, Glacier Bay is a place of scientific research where ongoing studies are conducted. Join a park ranger to discuss both the history and what the future may be of glaciers in Glacier Bay.

**February 20th : Beyond Camelot: Life and Legacy of Jacqueline Kennedy Onassis.**

On January 20, 1961, John Fitzgerald Kennedy took the oath of office to become the nation's 35th president. At age 31, Jacqueline Kennedy was the first lady. With her gracious personal style and her passion for history and the arts, she worked hard to be worthy of her new role. While she had a deep sense of obligation to her country, her first priorities were to be a good wife to her husband and mother to her children.

Join us from the National First Ladies Library and Museum as we explore the layers of Jackie's life, from her role as a wife and mother to her position as First Lady.

**February 27th: The Extraordinary Life of Rosalyn Carter**

From her rural beginnings in southwest Georgia to her emergence as our nation's champion of caregivers and mental health, Rosalynn Carter has led a most extraordinary life. This program will engage attendees in Mrs. Carter's early life, her time as First Lady of Georgia and then the nation, and highlight her work with the non-profit Carter Center.- from the Jimmy Carter Presidential Library.



FEBRUARY 2024 PROGRAMS OFFERED

Page 4

Healthy Brain Series

Tuesdays at 1:15 pm

February 6th, 13th, 20th

Session 3: Finding meaningful engagement as you age

Session 4: Importance of sleep and your brain

Session 5: Lessons for living longer from people who lived the longest

Plus, Q&A with the expert

PRESENTER: Julie Ramia, Dementia Specialist Hartford HealthCare Center for Healthy Aging

REGISTRATION REQUIRED: 203-262-0651



**Participants are encouraged to attend all five sessions*

Debunking the Myths of Hospice Lunch and Learn

Wednesday, February 21
12:15 pm

Connecticut is ranked near the bottom of the United States for utilization for Hospice Services. Wonder why?

What have you heard about Hospice? Is what you've heard true? There are many myths regarding health care choices. Come join Tara from Constellation Health Services to learn the facts while enjoying a sponsored lunch. You will experience what Tara likes to call "an aha moment"

Limited to 20 members.

Reserve your spot starting on February 1st. Last day to reserve your spot is February 15th.



Creative Flair With Bethel Health Care
Monday February 26
11:00 AM

Southbury Shells
Wednesday February 28
10:00-11:30am



Come decorate some beautiful shells with us!

Limited to 15 members.

Craft To Be Determined
Look for a flyer at the Senior Center for information

Limited to 12 members

Call starting February 1st



Hooks & Needles

Do you knit, crochet, embroider? Join Kim Little at the center on Wednesday afternoons, from 1-2:30 to do your crafts, chat and see what everyone else is working on.

Bring something to work on and maybe something else you have made so we can all be inspired. We hope you will join us on Wednesday afternoons!

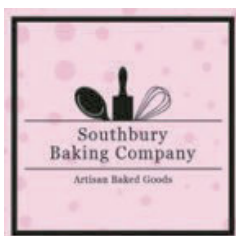


\$5 PER PERSON
PAYMENT MUST BE MADE AT THE TIME OF SIGN UP TO SECURE YOUR RESERVATION

Lunch is served at 12pm and your place will be held until 12:15pm



Day/Date	Meal	Last Day for Reservation by 11:00am
Thursday February 1st	Tuna Sandwich with Soup	Wednesday, January 31st
Tuesday February 6th	Beef Stroganoff with String Beans	Monday, February 5th
Thursday February 8th	Turkey Sandwich with Soup	Wednesday, February 7th
Tuesday February 13th	Macaroni & Cheese	Monday, February 12th
Thursday, February 15th	Ham Sandwich with Soup *Birthday Cupcake Day*	Wednesday, February 14th
Tuesday, February 20th	Chicken Parmesan with Pasta	Friday, February 16th
Thursday, February 22nd	Roast Beef Sandwich with Soup	Wednesday, February 21st
Thursday, February 29th	Chicken Salad Sandwich with Soup	Wednesday, February 28th



**Cupcakes for Birthday Month Celebration
 generously donated by Southbury Baking
 Company (located at 250 Main Street South)**



THIS PROGRAM IS NOT A GRAB AND GO LUNCH. FOOD IS TO BE EATEN IN THE BUILDING.

SOMETHING YOU SHOULD KNOW

Regular programming may be canceled or changed when a large event is scheduled on site or off site. Always check the newsletter for any program changes.

Sign in at the kiosk for the program or class you are attending before entering the room the class or program is being held in. **Please note:** If the number of attendees registered does not match the number of people in the class, the class will not begin until the number matches to ensure our records reflect the correct numbers for the following reasons:

- Statistic reporting. Programming numbers are reported to the Board of Selectmen monthly in the Director's Report. In the event of an emergency: ie: fire, accident, etc.
- To be able to contact the class to locate the owner should an item be left behind, or a lost item found. Items are not held for more than 2 weeks.

If you've arrived early for your class, please enjoy a cup of coffee in the lounge until it's time for you class.

Please leave the room as you have found it, returning all items where they were before the class or program starts.



ALL PROGRAMS ARE FOR SOUTHBURY SENIOR CENTER MEMBERS ONLY UNLESS OTHERWISE STATED.

FEBRUARY 2024 - SENIOR CENTER NEWS & PROGRAMS

Page 6

CARE CALLS

This program is designed to “check-in” with our Southbury Seniors. After completing a brief application with the office, you will receive an automated telephone call during Senior Center operating hours. If you do not answer the automated phone call after 3 attempts, a staff member will check in with your designated emergency contact(s) and/or do a wellness check at your residence. This program is free for our Southbury resident members. Call or stop by the office for more information!

Mardi Gras Celebration

Tuesday, February 27th

12:00 – 1:30

\$5 pp

Limit 50 members

José Paulo dancing

Chicken, broccoli and cavatelli

Dessert

Coffee, soda

Sign up starting February 1st

Last Day for reservations February 20th

Payment due at time of time of sign up



The Log Cabin

in Holyoke Massachusetts

St. Patrick's Day Celebration

Thursday, March 14th

10:00 am – 4: 45 pm

\$84.00 pp

(includes Ticket and transportation)

Enjoy a trip to the famous Log Cabin for a fun St. Patrick's Day celebration! You'll enjoy a welcome hors d'oeuvre tray, choice of red or white wine or glass of Guinness, corned beef, Irish stew, dessert and more! The show starts at 2 pm with the O'McMurphy Brothers and the fabulous Miss Fiona Finely!

Call today for reservations.

New England Air Museum

Windsor Locks

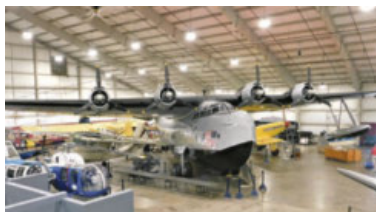
Thursday, March 28th

8:30 am – 2:30 pm

\$23 pp

Take a trip to the New England Air Museum where you can enjoy all the exhibits and aircraft within 3 main hangars. You can also choose to try an Immersive Flight Experience for an additional charge of \$15 for a 15-20 minute Flight Simulator Adventure which can be booked at the front desk during your visit. Afterwards, enjoy lunch on your own at Bear's Smoke House where lunch prices start at \$10.

Call today for reservations.



ST. PATRICKS CELEBRATION



O'MCMURPHY BROTHERS AND THE FABULOUS MISS FIONA FINELY!



Thinking of selling your house or condo?

JUSTIN BETTE is the the **#1 SELLER**
of Southbury properties since 2016



betterrealtors.com

CALL TODAY for Your Free Market Analysis **203-217-5768**

DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

Engaging, ad-supported print and digital newsletters to reach your community.

Visit lpicommunities.com

OUR COMMUNITY NEWSLETTER
OCTOBER EDITION



Scan to contact us!

Need guidance selecting the right Medicare plan?

My services are at no cost

OFFERING:
Medicare Advantage Plans
Medicare Supplement Plans
Part D Drug Plans
Contact me TODAY at
203-231-5511

or email me at
sharoncrowther59@gmail.com



Sharon Crowther
Licensed Insurance Broker
State of Connecticut

www.SharonCrowtherSeniorInsurance.com

Computer Services Real help, Right now.

Chapin

203-262-1869
Free Estimate



Our Angels Care Every Day...In Your Home

Specializing in non-medical live-in care, hospital/rehab or post-operative discharge care & daily living care for those with memory loss, or under hospice care.

Brookfield Office 203-740-0230
Serving Fairfield, Litchfield & New Haven Counties for over 20 years

CT Reg. # HCA 0000630
Screened, Bonded and Insured
www.visitingangels.com

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator



BROOKSIDE MEMORIAL

THE ALBINI FAMILY FUNERAL HOME & CREMATORY

200 BENSON ROAD, MIDDLEBURY, CT 06762 | 203-577-3333



WWW.BROOKSIDEMEMORIAL.COM



★★★★★ **Rated 5 Stars!**

Muscle & Joint Pain • Post-Op Rehab
Arthritis • Vertigo & Balance Issues
Sprains/Strains • Neck/Back Pain

www.PTforLife.com



PT For Life Southbury
760 Main Street South, Unit D
(203) 437-6155

Convenient location.
All major insurance accepted.
NO DOCTOR REFERRAL NEEDED!

SUPPORT OUR ADVERTISERS!



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com Southbury Senior Center, Southbury 04-0713

WEEKLY SCHEDULED CLASSES

Page 8

BELOW ARE PROGRAMS OFFERED TO OUR MEMBERS DURING THE MONTH

All closings, or class changes are shown in calendar on opposite page. Note: All members are required to register at one of our kiosks (located in front lobby and at back doors of Center), by entering their phone number and registering for each class/event they are attending and/or as a drop in if just "stopping in". Please bring your own water as water fountains remain out of service. All visitors are required to register at the front office. We ask that you do not pre-check in for any class or program that is taking place at a later time in the day until you are about to enter the room. This helps keep numbers for attendance of classes/programs accurate, as well as the number of people in the building at any one time.

MONDAY	9:00-4:00 9:30-10:30 10:45-11:45 12:00-1:00	Certified Choices Counselor (60 min. appointments) - (3rd Monday of each month) Aerobics Class A Zumba Gold Tap Dancing
TUESDAY	8:45-9:45 10:00-11:00 10:00-11:00 11:30-12:30 12:30-2:00 1:00-2:00 12:30-3:00 1:30-4:00 2:15-3:15	Fit & Flex A Class Fit & Flex B Class Ask the Attorney (15-minute one-time appointments) - (2nd Tuesday of the month) Chair Yoga My Story Writing Group (1st and 3rd Tues) Ask the Financial Advisor (15-minute one-time appts) - (2nd Tuesday of the month) Swedish Massage - (Check calendar for dates) Table Tennis Ask the Realtor (15-minute appointments) - (2nd Tuesday of the month)
WEDNESDAY	9:30-10:30 9:30-11:30 10:00-11:00 10:00-11:00 10:30-11:30 10:30-12:00 1:00-2:30 1:00-2:00 3:00	Aerobics B Quilting—On hiatus Garden Club (Seasonal) Great Courses - (2nd Wednesday of the month) Tango Lessons Hair Dresser-Lucy (2nd Wed. of the month, CASH Only \$10/men, \$15/women) Hooks and Needles Page Turners (2nd Wed) Senior Services Commission Meeting (Check Town website & calendar for dates)
THURSDAY	8:45-9:45 10:00-11:00 11:00-11:30 12:30-3:30 12:45-2:45 1:30-4:00	Yoga Weight Strengthen/Tone Blood Pressure Screening - (2nd Thursday of the month) Mahjong Bingo Table Tennis
FRIDAY	9:30-10:30 10:40-11:40 11:45-12:45	Muscle Tone Line Dancing Tai Chi

Closings, class changes and special programs ONLY are listed below:

February dates the Senior Center is Closed:

Monday, February 19, 2024 - President's Day

★ ★ ★ ★ ★

Special Programs—Call for Reservations starting January 2nd unless noted:

- Monday, February 5th 10am— Crafting with Dana
- Tuesdays, February 6th, 13th & 20th 12:30-3:30pm—Swedish Massage
- Monday, February 12th 11pm-1pm—Mini Facials with Laura
- Wednesday, February 14th 11am-12pm — Cupcake Decorating
- Tuesdays, February 6th, 13th, 20th— Session 3, 4 and 5 — Healthy Brain Series
- Wednesday, February 28th 10-11:30amS— Southbury Shells
- Wednesday, February 21st 12:15pm—Debunking the Myths of Hospice Lunch & Learn
- Monday, February 26th 11am—Creative Flair with Bethel Healthcare
- Tuesday, February 27th 12pm-1:30pm— Mardi Gras Celebration \$5pp Reservation are Required

★ ★ ★ ★ ★

Class cancellations:

Weight Strengthen & Tone 2/22/24 & 2/29/24

Tap 2/26/24

Fit & Flex 2/27/24

Line Dancing 2/16/2024

FEBRUARY 2024						
SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19 <i>CLOSED</i>	20	21	22	23	24
25	26	27	28	29		

Holidays and Observances: 14: Valentine's Day, 19: President's Day

Wiki Calendar

WE OFFER EACH THE FOLLOWING AS A ONE-TIME 15 MINUTE CONSULATION:

ASK THE ATTORNEY second Tuesday of the Month 10:00am

ASK THE FINANCIAL ADVISOR Second Tuesday of the Month 1:00pm

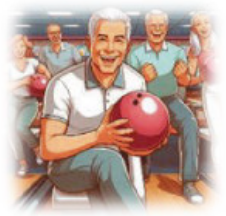
NEW! ASK THE REALTOR Second Tuesday of the Month 2:15pm



Lessard Lanes Plainville, CT

Monday, February 12th 9:15 – 1:45

\$22 (Includes transportation, 2 games of bowling, 1 round of mini golf, 2 slices of pizza and a soft drink. Rental shoes included. Bowling, lunch then mini golf.



CT Flower and Garden Show

Thursday, February 22nd 9:00 am – 4:30 am

\$20.00 per person includes tickets and transportation.

Lunch on your own at the event.

“Bursting into Spring” CT Convention Center Hundreds of flower & garden exhibitors including artists, crafters, tools, décor, outdoor living experts, indoor & outdoor living experts, indoor and outdoor plants, seeds, bulbs, water features & more!



INSTRUCTIONS WHEN TRIPS ARE OFFERED

Any calls received before 4:30 will be placed at the end of the call list. Please note: you WILL get the answering machine. This is our only means of ensuring that we get a time and date to register members in the order in which they call.

You will receive a call within the next 2 business days if you are on the trip or the waitlist.

The voicemail system is able to take multiple calls at a time.

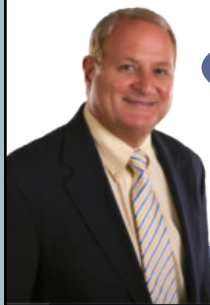
- **Please leave one message with your full name and telephone number**
- **You may add ONE additional member to your reservation. You must include their full name and telephone number for the reservation to be valid and they must already be a member**
- **If you would like to travel with specific members, please include that information in your call and we will do our best to accommodate you.**

Once you have called to request your reservation for the trip and are placed into the system, your ticket will be purchased (if applicable). You will receive a confirmation call and you will be responsible for the payment within 2 days of notification.

Trips Available for Members Only - Do not call Transportation to register for the trip.

****Senior Center Refund Policy - Refund Policy has been amended - Please Read****

If you have paid for a program or a trip, and must cancel, we can only issue a refund if we are able to fill your seat from the wait list. Please do not offer your ticket to a friend or family member without checking with the Senior Center first. If the trip or program is canceled by the Senior Center (inclement weather, etc.) you will automatically receive a full refund. Refunds, when given, will only be by check and may take up to three weeks to be processed.



JACK ZAZZARO, D.M.D.

Reconstructive, Cosmetic & Preventive Dentistry

Dr. Zazzaro, with his extensive experience and training
can give you the smile you have always wanted.

"Comprehensive Dental Care In A Contemporary Atmosphere"

www.DrZsmile.com

- Express Whitening and Complete Implant Services
- Most Insurances Accepted
- 0% Financing Available
- Emergencies Welcome

Gentle Care for All Ages • Senior Courtesy

316 Main Street South • Southbury

(203) 264-0244

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Bill Humphreys

bhumphreys@lpicommunities.com
(800) 477-4574 x6634

ENHANCING WELLNESS THROUGH CARE AND CONNECTION



Renovations Currently Underway!

Motif

by MONARCH
Senior Living Community

655 Main Street S.
Southbury

Schedule a Visit
203-267-7100

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



Authorized
Provider

SafeStreets

833-287-3502

We offer traditional funerals, memorials, cremations, and celebrations of life.

We're proud to have many **unique options** for our
families to **ensure their loved one is celebrated** as they
would have wanted!



750 Main Street South
Southbury, CT 06488
(203) 264-1991
CarpinoCares.com



SCAN QR code to request your
FREE Planning Guide today!



DIAGNOSTIC IMAGING OF SOUTHBURY

*Celebrating 25 years as your
imaging provider*

YOU HAVE A CHOICE

- ✓ High Quality
- ✓ Lower Cost

SERVICES

- MRI – High Field Wide Bore
- CT Scan
- 3D Digital Mammography
- Ultrasound / Vascular Imaging
- Echocardiography
- Arthrography
- DEXA – Bone Densitometry
- X-Ray



Accredited Nationally
Serving You Locally

SOUTHBURY (203) 267-5800 • Union Square Plaza
www.imagingofsouthbury.com



2024 HOLIDAY SCHEDULE

<u>HOLIDAY</u>	<u>DAY</u>	<u>OBSERVED</u>
New Year’s Day	Monday	January 1, 2024
M. L. King Birthday	Monday	January 15, 2024
President’s Day	Monday	February 19, 2024
Good Friday	Friday	March 29, 2024
Memorial Day	Monday	May 27, 2024
Independence Day	Thursday	July 4, 2024
Labor Day	Monday	September 2, 2024
Columbus Day	Monday	October 14, 2024
Veterans Day	Monday	November 11, 2024
Thanksgiving	Thursday Friday	November 28, 2024 November 29, 2024
Christmas Eve	Tuesday	December 24, 2024
Christmas	Wednesday	December 25, 2024



ARROW
CANDY
CARD
CHOCOLATE
CUPID
FEBRUARY

FLOWERS
GIFT
HEART
HOLIDAY
HUGS
LOVE

MAILBOX
PINK
POEM
RED
SWEETHEART
VALENTINE



TRANSPORTATION

TO MAKE A RESERVATION FOR MANIC MONDAY SHOPPING, CALL 203-262-0652



Manic Monday Shopping

FEBRUARY 2024 / \$5 PER TRIP

Please Note: Shopping trips will take place weather permitting. Lunch is not included in cost of the bus.

- February 5 - Target in Southington with lunch at Long Horn Steak House
- February 12 - Market 32 in Oxford with lunch at The Brookside Inn
- February 26 - Job Lot and Trader Joe's in Danbury with lunch at The Olive Garden

Note: Large purchases are not permitted (i.e. appliances, large electronics, etc.) Riders must be able to carry purchases onto the bus; drivers cannot assist. Call (203) 262-0652 for a reservation on the bus. Manic Monday Shopping Trips cost \$5.00 per person per trip. The purchase of an In-Town Transportation Punch Card (\$10 or \$20 value) or a One Time Only Purchase Voucher in advance is necessary in order to take the trip on the reserved day.

**\$15.00 Dial A Ride cards are not accepted as payment for Manic Monday Shopping Trips
Reservation Requests for Manic Monday trips must go through Transportation**

Trips return by approx. 3:00pm - You will receive a call the Friday before the trip with departure time
Manic Monday Shopping Trips are for Senior Center Members Only.

Transportation Fares

We have a Punch Card System for payment of transportation fares. Cards are available for purchase at the front desk in the following denominations:

**In Town: \$10 and/or \$20 Card
Dial-A-Ride: \$15 Card**

Drivers will not have cards available for purchase on the bus. If you need to have your cards mailed to you, please allow one week to receive your cards by return mail.

You may purchase cards at the Center Office or mail your order to:

**Transportation Division
Department of Senior Services
561 Main Street South
Southbury, CT 06488**

In Town Card (\$10 or \$20) fees are as follows:

Senior Center	No Charge
Library/Town Hall	No Charge
Medical	2 Punches
Personal Care	2 Punches
Shopping/Errands	2 Punches
Out of Town Shopping Trips	5 Punches

Dial-A-Ride Card (\$15) fees are as follows:

Waterbury, Middlebury, Woodbury (Medical)	3 Punches	Mon & Thurs
Danbury (Medical)	5 Punches	Tues & Wed
New Haven (Medical)	5 Punches	Friday

TO CLARIFY THE 48 HOURS RULE FOR REQUESTING TRANSPORTATION, THE FOLLOWING CHART IS PROVIDED TO ASSIS TO INDICATE WHEN YOU WOULD CALL FOR A RIDE EACH DAY:

FOR A RIDE ON:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CALL BY 10:00AM ON:				
THURSDAY	FRIDAY	MONDAY	TUESDAY	WEDNESDAY

Life-changing
hearing care
starts **here.**

Visit us for all your
hearing-related needs.



HearingLife

formerly **HEARING AID**
Specialists of CT

1449 Old Waterbury Rd., Suite 303, Southbury, CT

203.364.5274

Mention code **AG60-12** when calling.

Call today to schedule
your **complimentary**
hearing assessment*
and personal
demonstration.

*See office for details.



Access Rehab Centers

A Waterbury Hospital & Easterns Partnership in Physical Rehabilitation

Physical Therapy

690 Main St. South Ste 5
Southbury

203-267-4060



POMPERAUG
WOODS

Managed by Life Care Services

IT'S MORE THAN A PLACE TO LIVE.
IT'S A WAY OF LIFE.

Southbury's only not-for-profit Life Plan community offering:

Independent Living • Assisted Living
Memory Care • Skilled Nursing

Call **203-262-6555** to learn more about The Art of Living.

80 HERITAGE ROAD • SOUTHBURY, CT 06488

POMPERAUGWOODS.COM



MUNSON-LOVETERE FUNERAL HOME & CREMATION SERVICES,

INC.

Woodbury & Southbury

203-263-2146

www.munsonloveterefuneralhome.com



Register for courses
at olli.uconn.edu

Contact us:
osher@uconn.edu
475-222-6261



UConn
WATERBURY

Classes and events
in-person and online for
anyone over 50

- ✓ August 5 - Fall Open House
- ✓ August 8 - Fall registration opens
- ✓ September 6 - Fall classes start

In-home senior care

Home is where the heart is and
Comfort Keepers® provides dedicated
professional assistance by *Elevating the*
Human Spirit through our Interactive
Caregiving each and every day.

Call for your Free Assessment (203) 924-4949

385 Main St South, Suite 212, Southbury, CT 06488

License: HCA.0001196



**Comfort
Keepers**

*Elevating the
Human Spirit*

OPEN. ACCURATE. FAST.



Welcome to New England's
first high-field OPEN Velocity MRI System.
It provides the latest technology and
highest imaging quality in less time with
the comfort of a wide open design.



WaterburyHEALTH

Your Imaging Team at Valley Imaging Partners, LLC

690 Main Street South, Suite 7LL | Southbury, CT | 203.755.OPEN (6736)



ON THE MEND
MEDICAL SUPPLIES & EQUIPMENT

Providing Solutions to
Live More Independently!

Stair Lifts & Ramps
Mobility Scooters & Chairs
Reclining Lift Chairs
Portable Oxygen
Hospital Beds
Bathroom Safety
Rentals & much more!

We Deliver! Complimentary Home Safety Assessments!

385 Main St. South Ste. 102
Southbury, CT 06488

203-262-0383

280 N Bedford Rd, Ste. 101
Mt Kisco, NY 10549

914-483-3605

onthemendmedical.com





PRSRT STD
U.S. POSTAGE
PAID
SOUTHBURY, CT
PERMIT NO. 27

HOW TO CONTACT US

STAFF LISTING

Director of Senior Services

Andrea Corcoran
acorcoran@southbury-ct.gov

Senior Center Coordinator

Kathy Anderson
Senior2@southbury-ct.gov

Administrative Assistant

Ann Stratton
Senior3@southbury-ct.gov

**Customer Service,
Part Time Counter Clerk**

Kim Little
Senior6@southbury-ct.gov

Transportation Coordinator

Brenda Dionne
Transport1@southbury-ct.gov



IF YOU CHANGE YOUR NAME, EMAIL OR HOME ADDRESS, PLEASE LET US KNOW (203) 262-0651

All members are requested and required to register at one of our kiosks (located in front lobby and at back doors of Center), by entering their phone number and registering for each class/event they are attending and/or as a drop in if just "stopping in". All visitors are required to register at the front office. We ask that you do not pre-check in for any class or program that is taking place at a later time in the day until you are about to enter the room. This helps keep our attendance numbers for classes and programs accurate.

We have a bottle filling station in the front lobby, so bring your bottle & remember to hydrate when exercising.

Medicare Choices **Third Monday of the Month** **1st appt at 9:00am, last appt 3pm**

Our Certified CHOICES Counselor will be available at the Center by appointment ONLY every 3rd Monday of the month.

There are a total of 8 appointments at 45 minute sessions per day (as long as the time slots are filled). He will be at the Center for scheduled appointments only, walk-ins are not allowed. Please call the Senior Center to schedule your appointment (203 262 0651).