



Senior Center

Welcome to the
Southbury Senior Center!

JANUARY 2024

CONTACT US:



561 Main Street South
Southbury, CT 06488



www.southbury-ct.org/seniors



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



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



GREETINGS!

Cheers to 2024! Let us look back and smile at all the memories we had last year, and we look forward to making many more of them in the coming year. New adventures are right around the corner --- Happy New Year!

Best,

Andrea



Hartford HealthCare presents Memory Screenings

Thursday, January 4
1:00 – 3:00 pm

Free confidential memory screening done by Julianne Ramia, Dementia Specialist

A memory screening is a simple and safe evaluation tool that checks memory and other thinking skills. This confidential memory screening averages 20 minutes and consists of 11 questions to assess memory.

Memory screens do not diagnose a specific condition or illness. Their purpose is to determine if you may need further evaluation.

Call the office to make an appointment.



Mini Facials With Laura
Monday Jan. 8
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.

Swedish Massage

Tuesdays, January
9th, 16th, 23rd, & 30th
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 January 2nd.

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

JANUARY 2024 - GREETINGS AND PROGRAMS OFFERED

Page 2



DEAR FRIENDS,

Happy New Year! I hope you had a beautiful holiday season with your family and friends. We have a month full of activities for you including important health information, crafts, a water color class, a fun trip to Tea with Tracey and so much more! Wishing you all a New Year full of happiness, laughter, good health and love.

Warm Regards,

Kathy



**Wednesday
January 10
10:00 AM**

January book for age Turners is The Guncle by Steven Rowley.

Gay Uncle Patrick, known as GUP to his niece and nephew, has a loving and casual relationship with each, visiting them and their parents in CT for the holidays or hosting a weekend visit in Palm Springs for the family. But he finds himself thrust into temporary guardianship when their mother dies from cancer and their father needs rehab after developing a drug problem. Moira, in her review on Bookshop, says "It is a delight watching Patrick learn how to stop trying to change the children and let them change him." Filled with humor and nominated for at least one award, this book has also been banned in some locations in the USA. Might you want to read this book (available at the Southbury Library behind the front desk) and join in our discussion on January 10th at 1pm

Great Courses

**Wednesday January 10
10:00 AM**

Computers began playing a significant role in the military, science, and business as early as the 1940s, but the advent of the personal computer in the 1970s truly transformed American life. IN 1977, three companies released the first successful personal computers: The Commodore PET, the Apple II, and the Tandy TRS-80. As the technology improved and computers became more common in schools, offices and homes, they radically changed the way Americans work, shop, communicate, research, and play.

BASIC WATERCOLOR CLASS

TUESDAYS JANUARY 9, 16, & 23

This is a beginner watercolor course consisting of three weekly classes and will focus on teaching basic watercolor techniques to produce a watercolor project. We will learn:

- * the "Wet on Dry" method
- * how to use a color to change an existing color.
- * how to use "Masking Fluid to cover and preserve the white of the paper as we apply the watercolor. (NOTE: Masking fluid is latex based. Be sure you are not allergic to latex)

At the end of the class, you will understand these basic techniques and the importance of quality brushes, watercolor paint, and paper. If you have any questions, please do not hesitate to ask.

Limited to 10. Sign up begins Jan 2nd

Instructor Tom Doty 2023 recipient of the Larry Newquist award for excellence for the spring juried show through the Society of Cultural Arts in Newtown and a lifetime member of S.C.A.N. He is also a member of the Ridgefield Artist Guild.

Is this Just a Cold or Something Else?

January 11th 11:30-12:30

Join Heidi Bettcher at Housatonic Valley Health District to discuss the differences between an every day cold, flu, COVID, allergies and RSV. Also we will be discussing some very important prevention tips that you will not want to miss.

Palliative and Hospice Care

**Wednesday, January 17
12:15 Lunch and Learn**

Ever wonder what these two types of Health Care are? What do they each mean? Aren't they the same? What makes them different? How do I know what to choose?

Come join Tara from Constellation Health Services for a **Lunch and Learn** ----Your Questions are sure to be answered!

Call beginning January 2nd. Sign up by January 11th at Noon. Limited to 20 Members.

Tara Ridings, BSW, MA is a former Director of Social Services and has over 25 years of Health Care experience.



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!

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.

January 9, 2024- Voyageurs National Park- MN

The voyageur - a French word meaning traveler - the namesake of Voyageurs National Park - began journeying through these interconnected waterways over 250 years ago; waterways that are one of the most important segments of the fur trade route used to open the "Great Northwest".

Today, it is easy to imagine the voyageurs of the past dipping their canoe paddles into the clear, dark waters to the rhythm of their songs, gliding past the rock and pines of this northern landscape. Voyageurs National Park was established in 1975, but is filled with evidence of over 10,000 years of human life and use. Signs of Native Americans, fur traders, and homesteaders, signs of logging, mining, and commercial fishing are scattered throughout the park.

**January 16- Glenn Echo Park- The Carousel!**

During Glen Echo Amusement Park's glory days as an amusement park, the Dentzel Carousel was the jewel of the park. The carousel remains the park's treasured centerpiece. The Dentzel Carousel Company built the carousel, which the amusement park installed in a 12-sided canopy building in 1921. Dentzel Carousels are known for their realistic, graceful animals and elaborate carvings. The Glen Echo carousel is called a "menagerie carousel" because of it is made up of many different animals. The 40 horses, 4 rabbits, 4 ostriches, giraffe, deer, lion, and tiger stand in three concentric rings. The carousel moves to the music of a Wurlitzer band organ, which pipes out music using a system similar to a. Only 12 Wurlitzer organs of this style are known to exist. Come join us to learn more player piano about this historic carousel!

**January 23 The Vaqueros- Briscoe Western Art Museum**

Who were the original Texas Cowboys? Join the Briscoe Museum to learn about Vaqueros! A museum educator will lead the group to discover who they were, where they came from, and why they were important to the development of the west.

Nestled on the banks of the San Antonio River Walk, the museum's main building served as San Antonio's original public library in the 1930s followed by the Hertzberg Circus Collection and Museum in the 1980s. After an extensive renovation, the Briscoe Western Art Museum opened in 2013. A branch of the San Antonio Public Library can be found on the first floor, honoring the building's origins. The museum is named in honor of Texas Governor Dolph Briscoe, Jr., and his wife Janey Slaughter Briscoe, who envisioned a museum that would share the story of Western heritage and the people behind that story.

**January 30- The Statue of Liberty- A Fresh Look**

Between 1886 and 1924, almost 14 million immigrants entered the United States through New York. The Statue of Liberty was a reassuring sign that they had arrived in the land of their dreams. To these anxious newcomers, the Statue's uplifted torch did not suggest "enlightenment," as her creators intended, but rather, "welcome." Over time, Liberty emerged as the "Mother of Exiles," a symbol of hope to generations of immigrants. Join us as we visit one of our most iconic landmarks, and gain a fresh perspective and appreciation for "Lady Liberty".



JANUARY 2024 PROGRAMS OFFERED

Page 4

Healthy Brain Series

Tuesdays at 1:15 pm

January 23rd, 30th

February 6th, 13th, 20th

Join us for a free 5-week Series to learn more about:

Session 1: Activities to 'challenge' your mind

Session 2: Importance of diet and nutrition

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



****Participants are encouraged to attend all five sessions***

Please call to register starting January 2nd

Southbury Shells

Wednesday, Jan 24

10:00-11:30am



Come decorate some beautiful shells with us!

Limited to 15 members.

Call to reserve your spot starting January 2

Creative Flair With Bethel Health Care

Monday January 29

11:00 AM

Wood Block Snowman

Join us to create an adorable snowman out of wood blocks. He will be a cute addition to your home's winter decor.

Sign up begins Jan 2nd.

Limited to 12 Members



WHAT IS A TRUST? DO YOU NEED ONE?

Tuesday, January 30

1:00-2:00pm

Presented by: Attorney Lynda Arnold

What exactly is a trust? And what can a trust do for you?

You've heard about the different types – Revocable, Irrevocable, Special Needs, Discretionary, Testamentary, and Tax trusts.

In this program we'll demystify trusts and explain how a trust could be suitable for you and why. You'll walk away knowing how to use trusts to do things like... minimize or avoid taxes, protect assets from potential ex-spouses and creditors, keep public benefits for loved ones, provide for a beneficiary who is disabled or has special needs, and how avoid probate court.

Whether you are new to trusts or even understand them well, you'll walk away understanding how to use these powerful planning tools to your advantage.



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Something you should know....

Tuesday January 16th we are serving Chicken Marsala with Rice . This meal is no charge to the first 30 members that sign up. Lunch is generously sponsored by Sagebrush Health. Reservations must be made by 11am on Thursday January 11th - no exceptions, no waitlist.



Cupcakes are generously donated by Southbury Baking company monthly to celebrate birthdays.



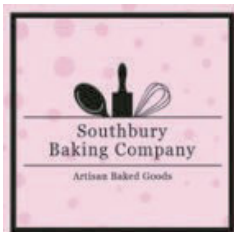


\$5 PER PERSON
PAYMENT MUST BE MADE AT THE TIME OF SIGN UP TO SECURE YOUR RESERVATION

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 January 4th	Roast Beef Sandwich with Soup	Wednesday, January 3rd
Tuesday January 9th	Barbeque Chicken, Potato Salad, Cole Slaw	Monday, January 8th
Thursday January 11th	Ham Sandwich with Soup	Wednesday, January 10th
Tuesday January 16th	Chicken Marsala with Rice **No Charge**	Thursday, January 11th
Lunch is generously sponsored by Sagebrush Health for 30 members for January 16th only. Reservations must be made by 11am on Thursday January 11th - no exceptions, no waitlist.		
Thursday, January 18th	Chicken Salad Sandwich with Soup	Wednesday, January 17th
Tuesday, January 23rd	Spaghetti and Meatballs with Garlic Bread	Monday, January 22nd
Thursday, January 25th	Turkey Sandwich with Soup *Birthday Cupcake Day*	Wednesday, January 24th
Tuesday, January 30th	Shepherd's Pie with Salad	Monday, January 29th



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



JANUARY 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!

MEMORIES FROM 2023





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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 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:

January dates the Senior Center is Closed:

Monday, January 2, 2024

Monday, January 15, 2024

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

- **Memory Screenings Thursday, January 4th 1pm-3pm**
- **Mini Facials with Laura Monday, January 8th 11pm-1pm**
- **Basic Watercolor Class Tuesdays, January 9th, 16th & 23rd**
- **Swedish Massage on Tuesdays, January 9th, 16th, 23rd & 30th 12:30-3:30pm**
- **Pallative & Hospice Care Wednesday, January 17th 12:15 Lunch & Learn**
- **Is This Just a Cold or Something Else? Thursday, January 11th 11:30-12:30 (no reservation required)**
- **Southbury Shells Wednesday, January 24th 10-11:30am**
- **Healthy Brain Series Tuesdays, January 23rd, 30th, February 6th, 13th & 20th 1:15pm**
- **Creative Flair with Bethel Healthcare Monday, January 29th 11am**
- **What is a Trust? Do You Need One? Tuesday, January 30th 1-2pm**

Class cancellations: None reported at time of finalizing newsletter



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

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



TEA WITH ANDREA

TUESDAY JANUARY 30, 8:30 AM-11:30 AM

\$5 includes transportation

Join Andrea Corcoran and celebrate her one year anniversary at the center as Director of Senior Services!

Enjoy breakfast on your own and casual conversation with Andrea at

Tea with Tracey in Oxford!

They have a wonderful menu with prices ranging from:

\$6.50 for pancakes to \$28 for steak and eggs



**CALL FOR TRIP ON FRI-
DAY JANUARY 12TH AT
4:30PM**

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.

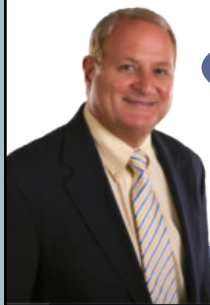
- **Please leave one message with your full name and telephone number**
- **You may add ONE additional member to your reservation. You must include their full name and telephone number for the reservation to be valid and they must already be a member**
- **If you would like to travel with specific members, 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 25 days.

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.



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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	November 28, 2024
	Friday	November 29, 2024
Christmas Eve	Tuesday	December 24, 2024
Christmas	Wednesday	December 25, 2024

MEMORIES FROM 2023



TRANSPORTATION

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



Manic Monday Shopping

JANUARY 2024 / \$5 PER TRIP

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

- January 8 - Job Lot, Trader Joe's in Danbury with lunch at The Olive Garden
- January 15 - Closed
- January 22 - Stew Leonard's, Target in Danbury with lunch at The Hummus & Pita Company
- January 29 - Post Mall (Boscov's) in Milford with lunch at The Cracker Barrel

Note: 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,	3 Punches
Danbury (Medical)	5 Punches
New Haven (Medical)	5 Punches

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

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*See office for details.



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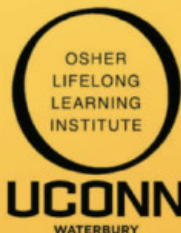
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Classes and events
in-person and online for
anyone over 50

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

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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.

Happy
New Year!