



# Senior Center

Welcome to the  
Southbury Senior Center!

## March 2024

### CONTACT US:



561 Main Street South  
Southbury, CT 06488



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



[www.southbury-ct.org/seniors](http://www.southbury-ct.org/seniors)



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



A Great Big Thank You to Valerie Giarratano and Nancy Preizler for taking down and packing up all of the holiday decorations!

### GREETINGS!

**Please note the new programming procedures in place starting March 1, 2024:**

Plan to have programming canceled on **ALL** days we have scheduled a major event/party/entertainment (even when the event is offsite) unless otherwise noted. We need time to set up and tear down so everyone can have a wonderful experience.

We will begin registration on the 1st working day of the month for **ALL** programs with a participation limit. **Calls can begin at 8:10am. Messages or calls made before 8:10am will not be honored.**

We strive to ensure all of our members have a fair chance to be registered for programs they would like to enroll in before they become full, and are hoping these procedures will make the registration process seamless.

Thank you for your cooperation and understanding.

#### Swedish Massage

Tuesdays, March 5th, 12th

19th and 26th

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 March 1st.**



**Sponsored Bingo!**  
**Thursday March 7**  
**12:45 – 2:45**



Today's Bingo will be sponsored by **Compassion Home Care LLC!** Tom Kosturko will be joining in the fun and will bring his own fun and surprises to share with you! Don't miss out!



**Mini Facials With Laura**  
**Monday March 11**  
**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 beginning  
March 1st.**

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

# MARCH 2024 - GREETINGS AND PROGRAMS OFFERED

Page 2



## Spring Ahead!

### Hello Friends!

Spring arrives this month and hopefully with it the warmer weather! Daylight Saving time in CT will start at 2:00 am on Sunday, March 10<sup>th</sup> giving us longer days. Remember to turn your clocks ahead one hour!

We have some great programming in store for you this month. Flower arranging, a 3-part spring cooking class, a trip to the New York Botanical Gardens Orchid Show and one to the New England Air Museum. We have some fun crafting that's sure to put a spring in your step and if that doesn't do it think of this- the sun won't set until 7:15 pm on the 31<sup>st</sup>!



Warm Regards,

*Kathy*



## Spring Cooking! Mondays March 11, 18, and 25 1:00 – 2:00 pm

March is Nutrition Month! Would you like to learn to cook a simple, delicious, three course meal with a lovely Spring Time theme? Chef Dennis and incredible baker Christine Vachon from Hartford Healthcare have teamed up to bring you just that! Learn how to make a part of the meal each week and you'll be given a sample to take home and instructions on how to make your own!



**Limited to 10 participants. Sign up begins March 1<sup>st</sup>.**  
Sign up for one or all three!

- ♦ **Menu: March 11- Appetizer Scrumptious Stuffed Mushrooms**
- ♦ **March 18- Succulent Chicken Marsala**
- ♦ **March 25- Don't Miss these Churro Chocolate Chip Mini Rolls!** (see page 13 for more information about baking session)



## Wednesday March 13 1:00 PM

**March's book: *Dear Edward*** by Ann Napolitano (published 2020)

Drawing from a real life plane crash in 2010 that resulted in 103 passengers being killed with a 9 year old boy as the only survivor, Napolitano weaves a fictional story of a 12 year old boy as the only survivor of a modern day plane crash killing nearly 200 passengers including the boy's immediate family. The author weaves a story reflecting the gap in how the media blitz presents "the news" and how the boy's life actually unfolds.

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

## Great Courses Wednesday March 13 10:00 AM



### The Final Course in the Turning Points in American History Series! 2001 The Age of Terror-The 9/11 Attacks

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 terrorist attacks on September 11, 2001 led to a dramatic increase in national security measures that immediately raised questions about civil liberties and cost. Even more dramatically, two major wars were launched. The Iraq War proved intensely controversial both within the United States and internationally. The full fallout from the attacks cannot yet be measured, but they may yet affect every aspect of American life, from politics to communication to energy policy.

**Next month we begin a new series: The Roman Empire: From Augustus to the Fall of Rome**

## Healthy Chats March 14 11:30 – 12:00 March is Nutrition Month.

Join public health nurses Heidi Bettcher and Emily Gomes from Housatonic Valley Health District as we discuss how good food choices can impact our health and how we can make better choices throughout the day in our diet.

## Crafting with Dana Candlewood Valley Health Monday, March 18 10:00am

Enjoy crating your own custom snow globe with Dana from Candlewood!



**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.

**March 5th- Happy Lunar New Year: Smithsonian's National Museum of Asian Art**

Celebrate the Lunar New Year and ring in the year of the Dragon with the National Museum of Asian Art. Museum educators guide us to explore works of Asian art and discuss the entertainment, foods, symbols and other customs of Lunar New Year!.

**March 12th- The Marriage of Ulysses and Julia Grant: “Warmed in the Sunshine of Love”**

In February 1844 Julia Dent met Ulysses S. Grant, a friend and classmate of her older brother, Frederick. After his first visit to their home in White Haven, Grant returned often to court Julia. He proposed that May with his West Point class ring before deploying in the Mexican-American war, delaying their wedding by four years. Ulysses and Julia had an intense correspondence during this period.

Join us as we explore the loving relationship of Ulysses and Julia Grant. From their first meeting, until General Grant's death in 1885, Ulysses and Julia worked as partners to support each other through good and bad times while raising four children to adulthood. Despite hardship, family conflicts, and extended separation during two American wars, Ulysses and Julia Grant's love for each other remained constant.

**March 19: Sacrifice, Unity and Victory- WWII Memorial /FDR Memorial**

Join us from the National Mall in Washington, DC to explore two memorials in the park, the Franklin D. Roosevelt Memorial and the World War II Memorial. We will focus on the symbolism found in both memorials, examining how this time period is represented in different public spaces.



The FDR Memorial opened in 1997 and the World War II Memorial opened in 2004. Hear about some of the controversies involved with these sites. Stone architecture and bronze sculptures recognize the ways Americans served, honors those who fell, and celebrates the victory they achieved to restore freedom and end tyranny around the globe.

**March 26: Portraits of the West: James Bama**

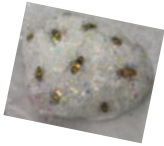
When illustrator and artist James Bama moved from New York to Wyoming in 1968, he began a decades-long project to understand the West by making photographs and paintings of his new friends and neighbors. Although Bama was best known for his highly detailed and realistic illustrations and paintings, photographs were the foundation of his imagery. On October 21, the Buffalo Bill Center of the West debuted the new special exhibition James Bama's Photographs: Portraits of the West. Photographed mostly in the 1970s and '80s, Bama's images reveal a complex view of western America through portraits of diverse and fascinating people. The exhibition highlights old-timers, children, rodeo performers, reenactors, Native activists, powwow dancers, ranchers, and outfitters through Bama's lens.



# MARCH 2024 PROGRAMS OFFERED

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## Southbury Shells Wednesday March 20 10:00-11:30am



**Come decorate some beautiful shells with us!**

**Limited to 15 members.**

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## Creative Flair With Bethel Health Care Monday March 25 11:00am

Silk Scarf Painting

**Limited to 12. Call starting March 1st**

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## Flower Arranging Sponsored by the Lutheran Home Tuesday, March 26 11:00am-12:00pm

Join Jennifer Hernandez from the Lutheran Home of Southbury as she guides you in creating a beautiful spring floral centerpiece for your holiday table. No experience necessary!

**Limited to 15 members.**

**Sign up begins March 1<sup>st</sup>.**



### Hooks & Needles

Do you knit, crochet, embroider? Join the group 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!

## Grief, Trauma Support Wednesday, April 3

**12:00 – 1:00 pm**



Grief is a natural response to loss. It's the emotional suffering you feel when something or someone you love is taken away. Often, the pain of loss can feel overwhelming. You may experience all kinds of difficult and unexpected emotions, from shock or anger to disbelief, guilt, and profound sadness. The pain of grief can also disrupt your physical health, making it difficult to sleep, eat, or even think straight. These are normal reactions to loss—and the more significant the loss, the more intense your grief will be.

Deacon Neil Culhane currently runs a bereavement class at Waterbury Hospital.

He will provide an interactive presentation combining compassion and humor with advice and resources on grief.

**Sign up today. All are welcome.**

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## 5 Facts About Earth Day

- \* Earth Day was started by Wisconsin Senator Gaylord Nelson in 1970 to promote environmental policies on a national scale.
- \* Following the first Earth Day, Congress authorized the creation of the Environmental Protection Agency.
- \* Earth Day also led to the passage of the Clean Water and Endangered Species Acts.
- \* In 1990, Earth Day went global and mobilized 141 countries to participate in protecting the environment.
- \* The date April 22nd was chosen for Earth Day to maximize the number of university (and K-12) students that could participate in celebrating the holiday.







**\$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***



**LUNCH IS NON-REFUNDABLE AND NON-TRANSFERRABLE**

Day/Date	Meal	Last Day for Reservation by 11:00am
Tuesday March 5th	Macaroni and Cheese	Monday, February 4th
Thursday March 7th	1/2 Tuna Sandwich with Soup	Wednesday, March 6th
Tuesday March 12th	Chicken Stir Fry with Rice & Veggies	Monday, March 11th
Thursday March 14th	1/2 Turkey Sandwich with Soup	Wednesday, March 13th
Tuesday, March 19th	Stuffed Peppers with Italian Bread	Monday, March 18th
Thursday, March 21st	1/2 Ham Sandwich with Soup	Wednesday, March 20th
Tuesday, March 26th	Meatloaf with Mashed Potatoes & Veggies	Monday, March 25th
Thursday, March 28th	1/2 Roast Beef Sandwich with Soup	Wednesday, March 27th
	*Birthday Cupcake Day*	



**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 will be canceled 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 on Tuesdays and Thursdays.**



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.**

# MARCH 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!

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## **New York Botanical Garden Orchid Show: Florals in Fashion Lunch on your own at Nostrano Italian Restaurant, Newtown Thursday, April 11, 8:30 am–3:30 pm — \$35 per person Call Now to Reserve your spot—Limited to 12 members**

Strike a pose! The Orchid Show brings the catwalk to the Enid a. Haupt conservatory in a fashion-inspired celebration of all things orchids- and we want YOU at the center of the sartorial experience. Catch the bold new designs of New York’s rising stars of the stitch with fashionistas sure to create dramatic picture-perfect floral displays at the Garden that always capture the orchid’s good side. Because florals are always en vogue at NYBG! After, enjoy a delicious lunch at Newtown’s Nostrano Italian restaurant where lunch prices start around \$21



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## Upcoming Events!

### ***Attention all members and enthusiasts!***

We are thrilled to announce a series of exciting events lined up in the coming months to add some zest to your calendars.

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### ***“That’s Amoré!”***

***Thursday, April 18, 12pm-2pm***

**Get ready to be transported back to the golden era of music with our special event, “That’s Amoré!”** featuring a sensational singer who channels the spirit of the legendary Dean Martin. With his velvety voice and charismatic stage presence, you’ll feel as if you’ve stepped into a classic Hollywood lounge. Prepare for an enchanting evening filled with timeless tunes and nostalgic charm. Lunch included with entertainment.

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**Sign up begins April 1<sup>st</sup> Limited to 36 members \$10**

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### ***“Start Your Engines” Men’s Breakfast***

***Wednesday, May 15, 10am –11am***

**Gentlemen, rev up your engines for a morning of camaraderie and classic cars at our “Start Your Engines” Men’s Breakfast.** Join us as we welcome local vintage car TV personality Wayne Carini from F40 Motor Sports who will regale you with captivating stories and insights into the world of vintage automobiles. Whether you’re a seasoned enthusiast or simply appreciate the beauty of these timeless machines, this event promises to be a treat for all automotive aficionados.

**Sign Up begins May 1<sup>st</sup> Limited to 15 members**



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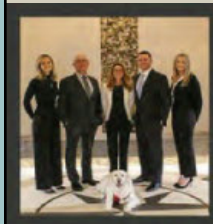


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# WEEKLY SCHEDULED CLASSES

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## 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:**

**March dates the Senior Center is Closed:**

**Friday, March 29, 2024 - Good Friday**

\* \* \* \* \*

**Special Programs—Call for Reservations as noted in the program descriptions:**

- Thursday, March 7th, 12:45pm-2:45pm — Bingo Sponsored by Compassion Homecare
- Tuesdays, March 5th, 12th, 19th and 26th, 12:30pm -3:30pm—Swedish Massage
- Monday, March 11th, 11am -1pm—Mini Facials with Laura
- Mondays, March 11th, 18th & 25th, 1pm-2pm — Spring Cooking
- Thursday, March 14th, 11:30am-12pm— Healthy Chats
- Monday, March 18th, 10am-11am— Crafting with Dana
- Wednesday, March 20th, 10am-11:30am—Southbury Shells
- Monday, March 25th, 11am—Creative Flair with Bethel Health Care
- Tuesday, March 26th, 11am-12pm—Flower Arranging—Lutheran Home

\* \* \* \* \*

***Class cancellations:***

**Line Dancing 3/8/2024**

**Tap 3/18/2024**

**Fit & Flex 3/19/2024**

**Weight Strengthen & Tone 3/21/2024**

2024 MARCH						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29 CLOSED	30
31						



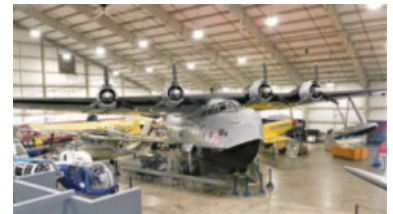
**WE OFFER EACH THE FOLLOWING AS A ONE-TIME 15 MINUTE CONSULATION:**

ASK THE ATTORNEY second Tuesday of the Month 10:00am  
 ASK THE FINANCIAL ADVISOR Second Tuesday of the Month 1:00pm  
 ASK THE REALTOR Second Tuesday of the Month 2:15pm



**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 today.**

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**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.

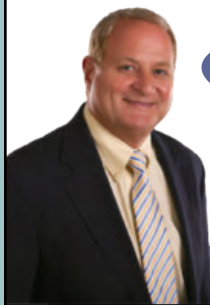
- **Please leave one message with your full name and telephone number**
- **You may add ONE additional member to your reservation. You must include their full name and telephone number for the reservation to be valid and they must already be a member**
- **If you would like to travel with specific members,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



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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
<b>Good Friday</b>	<b>Friday</b>	<b>March 29, 2024</b>
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

## BAKING WITH CHRISTINE (HHCAH)



**COME BAKE WITH ME!**

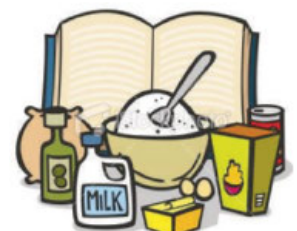
**COME JOIN THE FUN!!!**

**AS I INTRODUCE SOME DELICIOUS,  
QUICK AND EASY DESSERTS.**

**BAKING FOR ONE; CAN STILL BE FUN :)**

MARCH 25<sup>TH</sup> 1pm-2pm      CHURRO CHOCOLATE CHIP MINI ROLLS

Do you remember the taste of warm cinnamon & sugar on hot buttered toast! I do!!! Come join me as we add chocolate to the mix and make these delicious, churro chocolate chip mini rolls!



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



Southbury Senior Center  
Where Your Adventure Continues

# Manic Monday Shopping

*You may add 1 additional member to your reservation. You must include their full name and telephone number for the reservation to be valid.*

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

- March 4 - Walmart in Naugatuck with lunch at Garlic
- March 11 - Post Mall ( Boscov's ) , Trader Joes in Milford with lunch at The Cracker Barrel
- March 18 - Target in Southington with lunch at 110 Grill
- March 25 - Kohl's in Waterbury with lunch at Imperial China Buffett in Watertown

**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 ASSIST 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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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

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**203-262-0383**

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**914-483-3605**

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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).