

Southbury Senior Center

561 Main Street South, Southbury, Ct. 06488 · 203-262-0651

Town Website: www.southbury-ct.org

Hours of Operation: 8:30AM - 4:30 PM

Senior Center Coordinator: Renee Ostaszewski, MSW, ACSW

Senior2@southbury-ct.gov

Administrative Assistant: Betsy Rosa, Senior3@southbury-ct.gov

Lead Driver: Robin Henchcliffe

Drivers: Harry Robinson, Russ Tolles, Donna Hine & Terri Markie

Elderly Services Director: Sharon Gesek - Senior@southbury-ct.gov

Commission on Elderly Services Chairman: Nancy Liphardt



February 2012

News from the Coordinator's Desk

I hope everyone is enjoying our relatively mild winter, so far anyway! Here at the Senior Center we are trying to keep everyone busy, active and entertained. We hope you are taking advantage of our extended hours and programs on Tuesday evenings and Sunday afternoons.

February is a busy month here. In honor of American Heart Month we will have a presentation on heart health. To celebrate the Super Bowl we will have a pre-game party. Share a dance with a friend or loved one at our Valentine's Dance. It's lady's choice at our Sadie Hawkins Dance. There's always something going on!

The ABC'S Of Heart Health

In honor of National Heart Month, a representative from Patient Care will explain the ways you can keep your heart healthy. This program will take place on **Wednesday, February 8th at 1:00 pm**. Please sign up at the front desk.

Tips For Moving With Seniors

Join Jim Anctil from Marie's Country Furnishings on **Thursday, February 9th at 10:00 am**, for an informative presentation on how to make moving less stressful and more enjoyable. Please sign up at the front desk.



Important Dates

- * **February 6th**: Crock Pot Cooking
- * **February 8th**: The ABC's of Heart Health
- * **February 9th**: Tips for Moving w/Seniors
- * **February 12th**: Valentine's Day Dance
- * **February 16th**: Advance Directives
- * **February 21st**: AARP Safe Driving Course
- * **February 22nd**: Preventing Falls
- * **February 28th**: Sadie Hawkins Dance
- * **February 29th**: Watch your Language

Upcoming Events

- * **March 28th**: Better Connecticut Trip

**** Please note: We request that members DONOT remove food from the refrigerator or freezer. That food is intended for programs at the Center. Thank you!****



Pizza and a Movie



Monday, February 13th: "Mr. Popper's Penguins" Rated PG, 1 hr. 35 min. See what happens when a souvenir from Antarctica arrives in a crate on the front door of New York advertising executive, Tom Popper (Jim Carey). Let's just say, life will never be the same.

Monday, February 27th: "The Ides of March" Rated R, 1 hr. 41 min. George Clooney stars as a groundbreaking presidential candidate and Ryan Gosling plays the idealistic campaign worker who has sworn to give his all to his bid for the presidency.

****If you would like pizza, please stop by the front desk to sign up and pay for your slice (s) by the Friday before the movie, \$1.50 per slice** **Pizza at approx. 11:30 am and the movie begins at approx. 12:00 pm.****

Advance Directives

On **Thursday, February 16th at 11:30 am**, Linda Pinckney from Regional Hospice and Home Care of Western Connecticut will present a talk on advance directives. Learn what options are available in our state to help you convey written instructions to guide your physician and family regarding the healthcare choices you desire. Sign up at the front desk.

AARP Safe Driving Course



The AARP safe driving course is offered at the Senior Center on **Tuesday, February 21st from 5:00 pm to 9:00 pm**. The cost of the course is \$12.00 for AARP members and \$14.00 for non-members. Payment is due before the class, checks only please, payable to AARP. Registration, in person, at the front desk of the Senior Center.

Preventing Falls

On **Wednesday, February 22nd at 1:30 pm**, Griffin Hospital presents a workshop on easy steps you can do to modify your home, improve your balance and generally help keep you safe from falls. Please sign up at the front desk.

Crock Pot Cooking



On **Monday, February 6th at 1:00 pm**, Judi Ann Lausier from Masonicare will be cooking crock pot chicken! Learn a new, hearty crock pot recipe for these cold winter days and discover new and creative ways to transform the leftovers. Class is limited to 15, so please sign up early at the front desk. Deadline for sign up is February 2nd.

Opera in the Afternoon



The Afternoon at the Opera series presents: **"The Magic Flute"** by W. A. Mozart at **1:00 pm on Wednesday, February 15th**, at the **Pomperaug Woods Auditorium**. This opera stars Gruberova, Cotrubas, Schreier, Talvala and Berry. Please park in the unnumbered spaces. Call Becky Butler, Activities Director at Pomperaug Woods for more information, 203-262-6557.

Sadie Hawkins Dance

Join us on **Tuesday, February 28th from 5:00 pm to 7:00 pm**. Ladies, grab a partner and let's dance! Light refreshments will be served. Please sign up at the front desk. Transportation will be available—call the Senior Center to reserve your ride.

Book Deliveries



If you are unable to get to the library for books please call Sharon Gesek at 203-262-0651 to set up a monthly book delivery to your home.

Sunday Happenings

Join us for activities on **Sundays from 1:00 pm-4:00 pm**.

February 5th:

1:30-2:30 pm: Pre-Super Bowl Party. Bring your own "bites" to share with other fans. Beverages will be provided. Sign up no later than February 2nd.

1:30-3:30 pm: Bingo and Ping Pong

February 12th:

1:30-3:30 pm: Valentine's Day Dance. Live music from Boplicity jazz band. Invite your children and grandchildren. (9 yrs. & up) Refreshments will be served. Please sign up by February 8th.

February 19th: Closed

February 26th:

1:30 pm - 3:30 pm: Wood Carving. Bring a bar of Ivory soap and a paring knife to learn how to make cuts that can transform wood or soap into beautiful objects. Please sign up at the front desk.

1:30 pm-2:30 pm: Beginner/Refresher Ping Pong. If you've always wanted to learn Ping Pong or if you would like a refresher, join us for a program designed to help you start or refresh your game.

1:30 pm-3:30 pm: Bingo

Watch Your Language

Join Leo McIlrath from the Lutheran Home for this fun program on origins of words. Find out why we say the things we do and how familiar phrases came to be. This program will be presented on Wednesday, February 29th at 11:00 am. Please sign up at the front desk.

Monday Shopping Trips

We will be taking the following shopping trips in the month of February:

Monday, February 6th: X-pect Discounts, Target & Trader Joe's in Danbury. Lunch on your own at Frank Pepe's Pizzeria. The restaurant is pizza only and cash only. Depart at 9:30 am and return at 3:30 pm.

Monday, February 13th: Meriden Mall & Dollar Store. Lunch on your own. Depart at 9:30 am and return at 3:30 pm.

Monday, February 27th: Christmas Tree Shop & Barnes & Noble in Danbury. Lunch on your own at either Red Lobster or Olive Garden. Depart at 9:30 am and return at 3:30 pm.

****All Monday trips cost \$3.00 per person, transportation only, payable in cash, to the driver, the day of the trip.**

Please call 262-0651 for a reservation on the bus.**

Better Connecticut Trip

Calling all Scot Haney fans, we will be taking a trip to Rocky Hill to attend a taping of the "Better Connecticut" show on **Wednesday, March 28th**. We will depart the Senior Center at 8:30 am sharp. The doors open to the studio audience at 9:15 am and the taping of the show begins at 10:00 am. Following the show, we will head to lunch, on your own, at a restaurant to be determined. Please sign up at the front desk. The cost of this trip is \$5.00 per person, cash only and is limited to the first 12 people who register in person! Please remember, there are no refunds issued for trips.



561 Bistro

Join us for lunch at the "**561 Bistro**" here at the Center. Sign-up and payment is required by Friday, the week **BEFORE** the lunch you would like to attend. Lunch is served in the Senior Center lunch room at noon. The cost of each lunch is \$5.00 per person, **cash only**, payable at registration. There are no refunds issued.

Friday, February 3rd: Jordan's Restaurant; Chicken Parmesan with Pasta, salad and bread.

Friday, February 10th: St. James Lutheran Church; Hobo Stew, salad and bread.

Friday, February 17th: Hen of the Woods Restaurant; Beef Stew, salad and crusty bread.

Friday, February 24th: Senor Pancho's Restaurant; Lemon Fish in a light butter sauce, salad and bread.

TOWN OF SOUTHBURY
SENIOR CENTER

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Southbury, CT
06488
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IF YOU CHANGE YOUR NAME OR ADDRESS, PLEASE LET US KNOW (203) 262-0651

Sharon's Spotlight



Walgreens, a pharmacy retailer, announced it has exited the Express Scripts and Anthem Blue Cross/Blue Shield pharmacy provider network when their current contract expired on December 31, 2011.

What does this mean?

If you are a member of Express Scripts or Anthem, you will no longer be able to receive coverage for your prescription medications from Walgreens pharmacies, beginning January 1, 2012. This will also affect members who are using other pharmacies owned by Walgreens, most notably Duane Reade Pharmacy in the New York City metro region. Please check your coverage with a staff member at Walgreens prior to having a prescription filled. The Southbury Walgreens pharmacy telephone number is 203-267-6718.

Shopping 4 Seniors

Students from Pomperaug High School would like to help Seniors in the community by shopping for several individuals who are unable to shop for themselves. The schedule is as follows:

On **Tuesday** afternoons, the Senior Center driver will pick up the shopping list, coupons & money from the Senior. On **Wednesdays**, the student advisor will pick up the list/money from the Senior Center.

Fridays, the Pomperaug Students will shop at Stop and Shop **only** and return the grocery items to the Senior Center. The Senior Center driver will then deliver the groceries and any monies left over to the Senior on **Friday** afternoon.

This is a new collaboration between Pomperaug High School and the Elderly Services Department. With any new venture, we will make necessary adjustments along the way. If you are interested in participating in this new service, please contact Sharon Gesek at 203-262-0651.