



SOUTHBURY SENIOR CENTER

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

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

Senior Center Coordinator: Renee Ostaszewski, MSW

Senior2@southbury-ct.gov

Secretary: Betsy Rosa

Transportation Coordinator: Robin Henchcliffe

Driver: Harry Robinson

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

Commission on Elderly Services Chairman: Nancy Liphardt

SEPTEMBER 2010 NEWSLETTER

NEWS FROM THE COORDINATORS DESK

Summer may be winding down but things here at the Senior Center are gearing up! Check out this month's newsletter for some new day outings – music, art and sports are all on the agenda. Please remember in order to participate in programs and events here at the Center you must be a registered member. Any trip offered by Tours of Distinction through the Senior Center is open to registered members AND their family and friends (over the age of 14).

ENERGY ASSISTANCE

The State of Connecticut Energy Assistance Program benefits many homeowners and renters throughout the state during the winter months with their primary heating bills. Heating sources can be; oil, gas, electricity, propane, kerosene, coal, wood or pellets.

To be eligible, the entire household income, along with qualifying assets, must not exceed 200% of the federal poverty income guide. You must provide documentation verifying all income and asset sources. For the upcoming 2010-2011 winter season, the Town of Southbury Elderly Services Department will be scheduling appointments in late September 2010 for deliverable fuels and October 2010 for electric customers. Please call the office at 203-262-0651 for an appointment or additional information. No appointments will take place during November and December due to Medicare, Part D and ConnPACE renewals. Appointments will resume for energy assistance in January 2011 and continue until April 2011.

IMPORTANT DATES

- ◆ **September 3rd**– Greek Festival
- ◆ **September 8th**– Book Talk, “Those Who Save Us” by Jenna Blum
- ◆ **September 13th**– Country Hoedown at The Litchfield Inn
- ◆ **September 15th**– State of Ct Long Term Care Talk
- ◆ **September 15th**–Opera at Pomperaug Woods
- ◆ **September 10th and 17th**– AARP Driving Course
- ◆ **September 19th**– Newtown Friends of Music
- ◆ **September 21st**– Foxwood Casino Trip
- ◆ **September 22nd**– New Britain Museum of American Art
- ◆ **September 22nd**– Interior Design Workshop
- ◆ **September 27th**–Flu Shot Clinic
- ◆ **September 29th**– Reiki Workshop

UPCOMING EVENTS

- ◆ **October 20th**– Oktoberfest
- ◆ **November 2nd** - Glenn Miller Orchestra, Westchester Broadway Theatre
- ◆ **December 9th**– Cirque Dreams Holiday
- ◆ **December 19th**– UCONN Women's Basketball Game

REIKI WORKSHOP



Interested in finding out more about the ancient healing practice of Reiki? Come hear Masonicare Community Service Representative and Reiki student, Haley McCarthy talk about the practice, benefits and utilization of Reiki. The workshop will be held on Wednesday, September 29th at 1:00 pm, at the Senior Center.

AARP DRIVING COURSE

The AARP Safe Driving Course will be offered here at the Senior Center on Friday, September 10th and the 17th from 9:00 am to 1:00 pm. You must attend both days. The cost of the course is \$12.00 for AARP members and \$14.00 for non-members. Payment is due at the time of registration and checks should be made out to AARP.

THE LITCHFIELD INN COUNTRY HOEDOWN!

Join us for a trip to the Litchfield Inn to enjoy a Country Hoedown! This trip will be held on Monday, September 13th from 12:00-3:00 pm and features guitarist Larry Ayce from the Grand Old Opry. The cost of the trip is \$25.00 WITHOUT transportation and \$30.00 WITH transportation. The transportation is limited to 10 people. Ticket includes buffet lunch, entertainment and cash bar. Deadline for registration is September 3rd. There are NO refunds issued for trips.

STATE OF CONNECTICUT INSURANCE DEPARTMENT

The State of Connecticut Insurance Department will be here on Wednesday, September 15th at 1:30 pm to give a talk on Long Term Care Insurance options.

NEWTOWN FRIENDS OF MUSIC



Join us on Sunday, September 19th at 3:00 pm when the American String Quartet opens the 33rd season of the Newtown Friends of Music at the Edmond Town Hall. The program includes Mozart, Mendelssohn and Schubert. The cost of the trip is \$5.00 per person and payment is due at the time of registration. Seating is limited to 10 so sign up early. There are NO refunds issued for trips.

UCONN WOMEN'S BASKETBALL GAME



UConn Women's Basketball at Madison Square Garden:

Sunday, December 19, 2010 watch the UCONN women take on Ohio State in the Maggie Dixon Classic. The bus will leave the Southbury Senior Center at 8:30am and will depart New York City approximately 4:30pm. You will be dropped off in Herald Square where you can shop at Macy's and get lunch on your own. In the early afternoon, head to Madison Square Garden to see the game. Cost of the trip is \$61.00/per person. Registration deadline is November 19th. This trip is open to members of the Senior Center, and their friends and family. There are NO refunds issued for trips.



OKTOBERFEST



Join us for a day trip, Wednesday, October 20th to beautiful Sturbridge Massachusetts for Oktoberfest. The trip, presented by Tours of Distinction, includes motor coach transportation, Oktoberfest luncheon, complimentary glass of beer or wine and Bavarian music performed by the Oberlaendler Hofbrau Band. The cost of the trip is \$78.00 per person. We will depart the Senior Center at 9:45 am and return at approximately 5:30 pm. Payment is due at the time of registration. There are NO refunds issued for trips.



OPERA IN THE AFTERNOON

“Dialogues of the Carmelites” by Francis Poulenc will be shown on Wednesday, September 15th at 1:00 pm at the Pomperaug Woods auditorium. Admission and refreshments are free and provided by Pomperaug Woods. Visitors are asked to park in the rear of the building in unnumbered spaces. For more information you may contact Becky Butler at 203-262-6555.

NEW BRITAIN MUSEUM OF AMERICAN ART

We will be taking a trip on Wednesday, September 22nd at 10:00 am to the New Britain Museum of American Art. Artist M.C. Escher’s “Impossible Reality” will be on display including seminal and instantly recognizable pieces such as: “Ascending and Descending”. The cost of the trip is \$15.00 and includes transportation, docent guided tour of special exhibitions and a movie on the works of M.C. Escher. Lunch will be on your own at the Museum’s Café on the Park. Space is limited so be sure to sign up early! Deadline for registration is September 13th. There are NO refunds issued for trips.

BOOK TALK



The books have been chosen! September’s book choice is: **“Those Who Save Us”** by Jenna Blum. Book Talk will be held on Wednesday, September 8th at 1:30 pm. For the month of October the choice is: **“The Girl with the Dragon Tattoo”** by Steig Larssen. The November book choice is: **“To Kill a Mockingbird”** by Harper Lee.

FOXWOOD’S CASINO TRIP



Join the Southbury Senior Citizens for a trip to Foxwood Casino on Tuesday, September 21st. The cost of the trip is \$23.00 and is payable to the Southbury Senior Citizens. There are NO refunds. The price includes a \$10.00 food voucher, free buffet, \$10.00 match play and \$5.00 Keno. The bus leaves at 8:00 am from the commuter lot across from Sacred Heart Church. You must register for the trip by calling Anna at 203-267-4036 or Theresa at 203-267-3366. A check will then need to be dropped at the Senior Center lock box.

INTERIOR DESIGN WORKSHOP


On Wednesday, September 22nd at 1:30 pm, Jodie Ricciardi will be offering a one day interior design workshop. Learn quick and inexpensive ways to update your home! Sign up at the Senior Center.

September 2010

Monday

Tuesday

Wednesday

	<p align="center">**Cancelations**</p> <p align="center"><u>NO tap dancing on the 8th and 22nd!</u></p>	<p>1</p> <p>9:30: Aerobics 9:30: Quilting 12:00: Pilates 1:30: Photos for Fun 1:30: Tap Dancing 2:45: Beginners Tap</p>
<p>6</p>  <p align="center">All Town Offices Closed Including Senior Center No Transportation</p>	<p>7</p> <p>9:30: Hearing Testing (must pre-register) 9:45: Arm Chair Yoga 11:00: Fit & Flex 12:00: Hair Cuts (must pre-register) 12:30: Tai Chi 1:00: Bridge 1:00: Poker 2:00: Wii 2:00: Table Tennis</p>	<p>8</p> <p>9:30: Aerobics 9:30: Quilting 12:00: Pilates 1:30: Photos for Fun 1:30: Book Talk</p> <p align="center">*Maritime Center Trip</p>
<p>13</p> <p>10:00: Ask the Lawyer! (must pre-register) 10:30: Aerobics 11:30: Pizza & Movie, It's Complicated, Rated "R", 120 minutes (must preregister & pay for pizza) Movie begins at 12:00. 12:30: Weight Lifting 1:30: Line Dancing 3:00: Ballroom Dancing *Litchfield Inn Country Hoedown Trip</p>	<p>14</p> <p>9:45: Arm Chair Yoga 11:00: Fit & Flex 12:30: Tai Chi 1:00: Bridge 1:00: Poker 2:00: Wii 2:00: Table Tennis</p>	<p>15</p> <p>9:30: Aerobics 9:30: Quilting 12:00: Pilates 1:00: Opera in the Afternoon (Pomperaug Woods) 1:30: Photos for Fun 1:30: St of Ct; Long Term Care Talk 1:30: Tap Dancing 2:45: Beginners Tap *Discovery Museum</p>
<p>20</p> <p>9:45: American History Lecture at the Southbury Public Library 10:30: Aerobics 12:30: Weight Lifting 1:00: Parkinson Support Group, room 205B, in the Main Town Hall 1:30: Line Dancing 3:00: Ballroom Dancing</p> <p align="center">*Shopping Trip to Clinton Crossing</p>	<p>21</p> <p>9:45: Arm Chair Yoga 11:00: Fit & Flex 12:00: Hair Cuts (must pre-register) 12:30: Tai Chi 1:00: Bridge 1:00: Poker 2:00: Wii 2:00: Table Tennis</p> <p align="center">*Casino Trip</p>	<p>22</p> <p>9:30: Aerobics 9:30: Quilting 12:00: Pilates 1:30: Photos for Fun 1:30: Interior Design Workshop</p> <p align="center">*New Britain Museum Trip</p>
<p>27</p> <p>10:30: Aerobics 11:30: Pizza & Movie, "Pirate Radio", Rated "R", 117 minutes (must preregister and pay for pizza) Movie begins at 12:00. 12:30: Weight Lifting 1:30: Line Dancing 2:00: Flu Shot Clinic 3:00: Ballroom Dancing</p> <p align="center">*Shopping Trip to Cabelas Sport Shop</p>	<p>28</p> <p>9:45: Arm Chair Yoga 11:00: Fit & Flex 12:30: Tai Chi 1:00: Bridge 1:00: Poker 2:00: Wii 2:00: Table Tennis</p>	<p>29</p> <p>9:30: Aerobics 9:30: Quilting 12:00: Pilates 1:00: Reiki Workshop 1:30: Photos for Fun 1:30: Tap Dancing 2:45: Beginners Tap</p> <p align="center">*Lyman Orchard</p>



Thursday

Friday

<p>2 9:00: Yoga 10:45: Sing-a-long 12:30: Mah-Jongg 12:45: Bingo</p>	<p>3 8:45: Muscle Tone 9:00: Weight Lifting 10:30: Square Dancing 12:00: Zumba Gold 2:00: Table Tennis *Greek Festival Trip</p>
<p>9 9:00: Yoga 10:45: Sing-a-long 11:00: Blood Pressure Check 12:30: Mah-Jongg 12:45: Bingo</p>	<p>10 8:45: Muscle Tone 9:00: Weight Lifting 9:00: AARP Driving Course 10:30: Square Dancing 2:00: Table Tennis * Sign up for Pizza and a Movie!</p>
<p>16 9:00: Yoga 10:45: Sing-a-long 12:30: Mah-Jongg 12:45: Bingo 1:00: Ice Cream Social</p>	<p>17 8:45: Muscle Tone 9:00: Weight Lifting 9:00: AARP Driving Course 10:30: Square Dancing 12:00: Zumba Gold 2:00: Table Tennis</p>
<p>23 9:00: Yoga 10:45: Sing-a-long 11:00: Blood Pressure Check 12:30: Mah-Jongg 12:45: Bingo</p>	<p>24 8:45: Muscle Tone 9:00: Weight Lifting 10:30: Square Dancing 2:00: Table Tennis * Sign up for Pizza and a Movie!</p>
<p>30 9:00: Yoga 10:45: Sing-a-long 12:30: Mah-Jongg 12:45: Bingo</p>	

**SENIOR CENTER GUIDE-
LINES**

- **Center is open all persons 62 years and older.**
- **Annual registration fee is \$10 for Southbury residents and \$15 for non-residents. (renewals begin January 1st)**
- **You must be a member to participate in programs, activities and to use transportation here at the Senior Center.**
- **Registered members may bring guests for a fee of \$2.00 per day or \$5.00 per week. Guests must be 62 years old or older.**

SENIOR CENTER TRANSPORTATION INFORMATION

Scheduling

Transportation requests should be made by telephone to the office by **NOON** the day prior to your appointment. Please call the Transportation Coordinator at 203-262-0651 for scheduling. Drivers are unable to schedule appointments for you.

General Guidelines for Passenger Use

All passengers must be at least 60 years old or disabled, a resident of Southbury and a member of the Senior Center.

Passengers are to be seated with seat belts fastened at all times. For the well-being of all passengers and drivers we ask for courteous and polite

behavior, appropriate personal hygiene and compliance with all guidelines.

The Driver reserves the right to deny transportation if one's behavior or hygiene poses a risk to others. The Driver will make the determination whether to drive during inclement weather. Cancellations will be televised on WTNH 8 and WFSB 3. You may also call the Center after 8:00 am for a recorded announcement.

There is a five (5) bag maximum for shopping trips.

All vehicles are wheelchair accessible. The drivers provide limited assistance; should you require further assistance a companion is required.

Only certified service pets may accompany a passenger.

If you are not at your assigned pick up point when the vehicle arrives, the driver will wait 5 minutes. If you miss the bus it is your responsibility to obtain transportation home.

Drivers **cannot** make unscheduled stops. Drivers **cannot** accept tips.

Fares

Passengers pay \$1.00 per round-trip ride.

No charge for transportation to the Senior Center.

Day Trips and special events will be priced accordingly.

Confirmation & Cancellation

Passengers will be notified the day before their appointment of the pickup time. Please note all pick up times are **approximate** and we will make every effort to pick up and drop off passengers in a timely fashion. Cancellations should be made as early as possible.

Hours of Operation

Appointments can be scheduled Monday through Friday beginning at 9:00 am and must conclude by 3:00 pm.

Priority

Appointments are prioritized in the following order:

1. Doctors' appointments
2. Medical Clinics
3. Physical Therapy
4. Personal Care appointments: Salons, Barbers etc.
5. Senior Center

Please note: Only one appointment per day, per passenger may be made.

FLU SHOT CLINIC

The Pomperaug Health District will be conducting two flu shot clinics here at the Senior Center. The clinics will be on a first come, first served basis, no appointments will be made.



Dates: Monday, September 27th from 2:00 pm to 4:00 pm

OR

Friday, October 15th from 1:30 pm to 3:30 pm

Cost: \$30.00

Insurances accepted: Medicare Part B; Health Net; ConnectiCare; Anthem Blue Cross Blue Shield
People covered by other insurances will have to pay with cash/check.

CARRIBEAN REPOSITIONING CRUISE

Board the *Norwegian Jewel* on Tuesday, May 17, 2011 for a 12 day cruise with stops in the Bahamas, Jamaica, Aruba, Curacao, Puerto Rico and New York City. Rates start at \$1599/per person. This cruise is offered through Tours of Distinction and is open to members of the Senior Center, family and friends over the age of 14. For more information, please pick up a brochure at the Senior Center.



HEARING SCREENING

We would like to welcome Carol Maksimow, BS, BC-HIS, ACA from the Hearing Technology Center of Southbury as a new addition to our program schedule. Carol will be coming to the Senior Center on the first Tuesday of each month from 9:30 to 11:30am. She will be performing routine hearing screenings, ear cleaning and hearing aid cleaning. Please call the Center to schedule your appointment with Carol.

TRANSPORTATION

We will be taking the following trips in September, please, sign up early as space is limited!

TRIPS:

Friday, September 3rd: Greek Festival Trip

Wednesday, September 8th: Maritime Center

Wednesday, September 15th: Discovery Museum

Monday, September 20th: Shopping Trip to Clinton Crossing

Monday, September 27th: Shopping Trip to Cabelas Sport Shop

Wednesday, September 29th: Lyman Orchard



FEE SCHEDULE

In-Town, Round Trip: \$1.00

Monday Trips: \$3.00

Wednesday Trips: \$5.00