




Welcome to the Southbury Senior Center!




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-1pm

GREETINGS!

April is National Volunteer Month! We want to recognize all our incredible volunteers. Your dedication, generosity, and kindness make a real difference in the lives of so many. Whether you're giving your time, lending a helping hand, or simply sharing a smile, you are the reason our mission is possible. We appreciate you more than words can express! THANK YOU!

Warm Wishes,
Andrea



Healthy Chats April 2, 10:30-11:30am National Walking Day!

Celebrate National Walking Day: Walk and Talk with Housatonic Valley Health District

Call today to reserve your spot!

Great Courses April 9, 10:00am

Discover a true story of power as a renowned professor surveys the rise and fall of the Roman Empire from 31 BC to the end of antiquity. **Presented by Gregory S. Aldrete, PhD. Gregory is the Frankenthal Professor of History and Humanistic Studies at the University of Wisconsin-Green Bay.** He received his BA from Princeton University and his PhD in Ancient History from the University of Michigan. His interdisciplinary scholarship spans the fields of history, archaeology, art history, military history, and philology. Professor Aldrete has won many awards for his teaching.

This month we continue with Lecture 12: From Commodus to Caracalla The Death of Marcus Aurelius in AD 180 brought to an end what is conventionally regarded as the golden age of Rome. He was the last of the so-called five good emperors, who had deviated from the earlier policy of picking the nearest male relative to be the next emperor and instead had chosen the best-qualified person. The result was that, for an 84 year stretch, there had been only five emperors. All of them had been wise and conscientious rulers, and the Roman Empire had enjoyed relative stability, prosperity and security. Over the next century, however, all of those positive factors would be dramatically inverted. The empire would suffer near-constant political chaos and widespread economic collapse and would be battered by waves of marauding barbarians and attacks by dangerous rival empires. We hope you'll join us!



Swedish Massage Tuesdays and Wednesdays (Excluding 2nd Wednesday of the Month) 9:00am-12 :00pm

**Swedish Massage Now with New Options!
Enjoy a therapeutic massage with licensed
massage therapist Meg Dayton!**

**30 min \$25
1 hr \$55
90 min \$80**

Any combination of Swedish, aromatherapy, feet & or reflexology, hair & or moisturizing scalp/ neck/jaw & or TMJ, lymphatic drainage, neuropathy, treatment, posture analysis, craniosacral stretching, Thai, energy, Reiki, deep tissue & sports.

Call to schedule your appointment today.

Sometimes we have popcorn

Spring Ahead!



Hello Friends! April is here! We have a full month of activities planned for you! Please welcome Brenda from Monarch of Southbury who is sponsoring a craft on the 11th, there's a men's breakfast with the chief of police on the 16th and, check out the Fairy Hair by Dana and add some sparkle to your life!



April is also Stress awareness month. To manage stress and improve well-being, try practicing mindfulness, exercise regularly (check out our full list of exercise programs!) eating a balanced diet, and getting enough sleep. Connect with loved ones, set realistic goals, and take breaks to relax. If stress becomes overwhelming, seek professional help.

Warmest Regards

Kathy



**Page Turner's
April 9, 1:00-2:00pm**

April's book: *Good Eggs* by Rebecca Hardiman

This book is the story of three generations of the Gogarty family in Dublin, Ireland. Described (on Good Reads) as "hilarious and heartfelt, the family's simmering tensions boil over when an American home aide enters the picture, becoming the calamitous force that will either undo or remake this family."

Books are available from the temporary Southbury Library, now set up at the Heritage Hotel. New members are always welcome!

**Introduction to Genealogy
April 11, 10:00am**

Please join **Brenda Kaltenstein, the Sales Associate for Monarch Southbury Senior Living** for an Introduction to Genealogy. While not a professional, she is an enthusiast that has been studying her family tree for over 20 years. There are many reasons people study genealogy, including preserving our past, understanding your family history, creating a family narrative, all of which preserves the past for later generations. It can give us a stronger understanding of who we are and can show the struggles of our ancestors that got you to where you are today. She will be showing you some websites, census records, manifests, and will touch on many different things to help you create your family history. Its addicting and she would love you to join her!

Limited to 15 sign up today

**SOCIAL SERVICES UPDATE
Change of Schedule**

Please note:

As of April 1st Mary Silverman, of the Social Services Department, will be in the office on Tuesday, Wednesday and Thursday.

**Now Twice a Month!
Mini Facials With Laura**

April 14 & 21, 11:00am-2:00pm

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

Even people who have clear skin can benefit from facials - especially because clear skin doesn't always equate to healthy skin. Facials can help hydrate, plump and protect your skin for the long haul.



In addition to a facial, Laura also offers brow, lip and/or chin waxing and brow design.

30 min Facial Session - \$50
Additional cost: waxing brows \$15/Brow design \$25/ Lip \$10/ Chin \$10
Sign up today!

**Toe Tapping Fun!
Beginner Tap Class Mondays
Beginning March 3rd 12:15pm- 1:00pm**

Here's your chance to get tapping, whether you've never tapped before, haven't tapped since you were a kid, or used to tap but stopped. Tap dancing offers great mental and physical benefits. A great way to start your week on the right foot! Tap shoes required. **No Experience necessary.**



**Grief, Trauma Support Group
Facilitated by Mary Silverman
Twice Monthly**

(Call the office for the new day starting in April)

The program will be a gently guided participant discussion twice monthly at the senior center.

Please call to register.

**Monthly Dementia Caregivers Support Group
2nd Wednesday of the month
11:00am -12:00pm**

Join Hartford Health Care Dementia Specialist, Julianne Ramia for a monthly Caregiver support. Program will vary each month. **Please call to register.**

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.

April 1st: Tour of The Petroleum Museum, Permian Basin

Founded in 1975 by over 500 community leaders under the leadership of George T Abell, the Museum tells the story of petroleum and the rugged lives of men and women who sought a better life. The Petroleum museum is the largest museum dedicated to the petroleum industry and its peioneers, and welcomed over one million visitors worldwide. A visit to the Petroleum Museum is an amazing journey through over 230 million years of history. The mission of the museum is to share the petroleum and energy story and its impact on our lives.



April 8th: “ Stars of the Vikings”- Mystic Seaport Museum

We are looking forward to once again visiting one of our favorite museums- The Mystic- with Brian Koehler!

Join us as we learn about the stars and constellations as seen by Norse people in the European region of Scandinavia. We will hear stories about these ancient seafarers, and explore Norse legends that sought to explain phenomena in the sky, including the Milky Way, eclipses, and the Aurora Borealis.



April 15th: - The Civil Rights Trail- Selma Interpretive Center

In 1996, Congress established the Selma to Montgomery National Historic Trail to commemorate the people, places, and marches of the 1965 Selma to Montgomery Voting Rights Movement and the Selma to Montgomery March. After decades of struggling with Southern Jim Crow laws and to exercise their right to vote, Black citizens were finally successful in fulfilling that right with the signing of the 1965 Voting Rights Act. Join Park Ranger Theresa Hall with the National Park Service, the Selma to Montgomery National Historic Trail for an introduction to the Voting Rights Movement and the Trail that commemorates it on Tuesday, April 15,



April 22: Federal One: Saving the Arts in the Great Depression/ FDR Presidential Library and Museum

One of the lesser known aspects of the WPA- the Federal One Project, helped to ensure that the American creative spirit continued on in writing, visual arts, dance, and performance during the dark days of the Great Depression. Join us as we learn about examples of the New Deal murals, writings, performances, and why the arts were so important to the WPA and the country.



**Men's Breakfast with the Chief & K-9 Luke
Bacon, Badges, and Brotherhood!
April 16 10:00-11:30am**

\$5 pp

Chief of Police, Chris Grillo and the newest member of the station, Luke Jacob will be here for breakfast and friendly conversation with you!

Pancakes, bacon and eggs, sausages, coffee, orange juice, toast and more!
Come on down and have a hearty breakfast with the chief!



Call to register on the first business day of the month at 8:10 am by phone only! Limited to 15 guy members.

**Fairy Hair by Dana
April 16, 1:00-2:00pm
\$5 per person**

✨ Fairy Hair Fun! ✨

Join us for a magical experience where you'll have sparkly strands called Fairy Hair added to your locks! These shimmering strands will last up to 4 weeks, even through normal washing and coloring, adding a pretty shine and fun sparkle to your hair.

For just \$5, you can choose from a variety of colors and enjoy this enchanting makeover. We have space for up to 10 members, so don't miss out on this perfect springtime treat!

Sign up the 1st business day of the month starting at 8:10am by phone only and get ready to shine! ✨

**Craft with Candace
April 22, 11:00am**

Earth Day Activity with Candace.

Candace welcomes you to join her for a fun, meaningful activity

Call to register today!

We are pleased to announce that the Senior Center has **Free File of Life** available for pickup our office. The File of Life is a magnetic, red vinyl packet containing a medical information card. The card provides vital information that EMTs need to know about an individual's condition and/or medication. The card enables medics to obtain a quick medical history when the patient is unable to offer one. It eliminates the risk of the patient who, in a confused or incapacitated state, may forget to mention something important. The File of Life can be filled out and placed on a refrigerator or other prominent location in a home.

Stop in to pick up yours today!



Healthy Brain Series

Session #2 April 23, 10:00-11:00am

Participants are encouraged to attend all five sessions

- ◆ Session 2: Importance of diet and nutrition
- ◆ Plus, Q&A with the expert

Presented by Julianne Ramia, Dementia Specialist

Room limit is 20 members. Please call today to reserve your spots.



**Creative Flair with Bethel Health Care
April 28, 11:00am**

Join Danielle Ramos from Bethel Health Care to create a fun birthday card!

Space is limited to 12 members. Call the first business day of the month at 8:10am by phone only



**Keeping your Brain Healthy
The Connection Between Hearing Loss and Dementia
April 28, 2025
1:00-2:00pm**

Did you know that individuals with hearing loss are nearly twice as likely to develop dementia as persons who don't have hearing loss? Do you want to learn what you can do to minimize your risk?

Join Julie Ramia, Dementia Specialist at Hartford Healthcare's Center for Healthy Aging to learn more about:

- How hearing loss impacts your brain
- Interventions you can do to maintain cognitive function
-

Sign up the 1st business day of the month starting at 8:10am by phone only. Limited to 20 members.

**Southbury Shells
April 30, 10:00-11:30am**



Decorating shells is a great way to calm the mind and create something special to be shared with your community. Shells and supplies will be provided! No experience needed!

Sign up the 1st business day of the month starting at 8:10am by phone only. Limited to 15 members.



\$5 PER PERSON
PAYMENT MUST BE MADE IN PERSON 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 the working day before)

Tuesday, April 1st

Meatball Grinder with Chips

Thursday April 3rd

Stuffed Chicken & Mashed Potatoes

Tuesday April 8th

Macaroni & Cheese with Salad

Thursday April 10th

Turkey Sandwich with Salad

Tuesday April 15th

Meatloaf, Mashed Potatoes, Veggies

Thursday April 17th

Sausage, Peppers & Onions on a Hard Roll with Chips

Tuesday, April 22nd

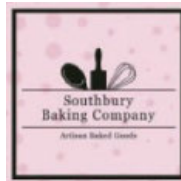
Chicken Salad Sandwich with Salad

Thursday, April 24th

Beef Stroganoff with Green Beans
Birthday Cupcake Day

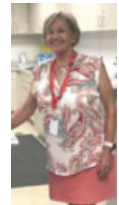
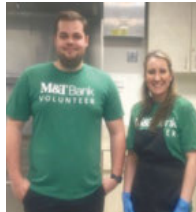
Tuesday, April 29th

Chicken Parmesan with Pasta



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

Our Awesome Volunteers Who Serve Lunch Weekly



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.

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

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!

New Property Tax Exemption for Veterans With a Permanent & Total Disability Rating

CT residents who served in the Army, Navy, Marine Corps, Coast Guard, Air Force, or Space Force and have a service-connected permanent and total disability rating, as determined by the U.S. Department of Veterans Affairs (U.S. DVA), are eligible for the exemption. We encourage all Veterans to file their DD-214 with the Town Clerks Office regardless if you are eligible for this exemption. There are other Veteran Exemptions available for those who do not meet these requirements.

**Upcoming Events You Won't Want to Miss!****New! Diabetes Support Group**

A learning environment where members can share experiences, gain valuable information, and support each other in managing their condition. Meetings may feature expert speakers, including dietitians, endocrinologists, and diabetes educators, to provide insights on various topics such as nutrition, exercise, medication management, and the latest research in diabetes care. More Information to come next month!

Leaving A Legacy with Ryan Ventura

"Leaving a Legacy on the Next Generation". Many people wrestle with finding purpose as they get older. We give your listeners a new sense of purpose and adventure. And for many, it starts with their own family members. We now know that life is not about the younger needing the older; rather, it is about how both need each other. The goal is to help older adults know that their most important job is just beginning. We want to empower them to be character builders, friends, teachers, mentors, supporters, and purposeful in all that they do. It is a culture changer that says, "You have value in the lives of others!"

Broadway Afternoon: An Intimate Matinee with James Michael

James Michael, a phenomenal baritone with an engaging performance style that mesmerizes audiences with his resonant singing, personal stories, and wonderful spirit. You won't want to miss it!

Also: Self Defense for Seniors, Annual Memorial Day Picnic, Yard Goats Party Deck Tickets, Paint & Sip and More!



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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". 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 11:00-1:00 11:00-12:00 12:00-1:00	Certified Choices Counselor (60 min. appointments) - (3rd Monday of each month) Aerobics Class A Zumba Mini Facials (2 nd & 3 rd Monday in the Month) - Check Newsletter for date Grief, Trauma Support Group (1st & 3rd Monday of the month) Beginner Tap Dancing
TUESDAY	9:00-12:00 8:45-9:45 10:00-11:00 10:00-11:00 10:30-11:30 11:30-12:30 1:00-2:00 1:30-4:00 2:00-3:00 2:15-3:15	Massage - Appointments Tues & Wed Fit & Flex A Class Fit & Flex B Class Ask the Attorney (15-minute one-time appointments, 2nd Tuesday of the month) Pilates Chair Yoga Ask the Financial Advisor (15-minute one-time appts, 2nd Tuesday of the month) Table Tennis Senior Learning Network Ask the Realtor (15-minute appointments, 2nd Tuesday of the month)
WEDNESDAY	9:00-12:00 9:30-10:30 10:00-11:00 10:00-11:00 10:30-11:30 10:30-11:30 10:30-12:00 11:00-12:00 1:00-2:30 1:00-2:00	Massage - Appointments Tues & Wed Aerobics B Garden Club (Seasonal) Great Courses - (2nd Wednesday of the month) Southbury Shells (check newsletter for date) Tango Lessons Hair Dresser-Lucy (2nd Wed. of the month, CASH Only \$10/men, \$15/women) Monthly Dementia Caregivers Support Group (2nd Wednesday of the month) Hooks and Needles Page Turners (2nd Wed)
THURSDAY	8:45-9:45 10:00-11:00 10:00-11:30 10:30 10:30-11:00 12:30-3:30 12:45-2:45 1:30-4:00	Yoga Weight Strengthen/Tone Loop Troop Let's Take a Walk! - Will resume in April 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 ONLY are listed below

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

Class cancellations:

***April 25th - No Line Dancing
(canceled by instructor)***

Check your voicemails! Our staff may call you regarding membership, programs/ events, or in case of an emergency, so we ask that you check your voicemail box to be sure it is set up and available to accept calls! We do not want you to miss out on important information!

Program Registration Procedures: Telephone call requests will begin at 8:10am for program registration on the 1st business day of each month. Due to the high volume of incoming calls received from our members registering for programs, we are asking everyone to refrain from leaving messages. If you do not speak to someone when you call, please hang up and keep calling until we answer. We may not be able to listen to the messages until well after all programs have filled and you risk being on the waitlist rather than registered for the program you are interested in. We do our very best monthly to make the registration process as easy as we can, and we hope that not leaving messages will alleviate many members being disappointed that they missed out on the chance to register for the programs they wanted to participate in.

No front counter reservations will be accepted until 1pm.

APRIL 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15 Tax Day	16	17	18 	19
20	21	22	23	24	25 Arbor Day	26
27	28	29	30	1	2	3

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

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. **If you need help with your chair, please ask the staff and we will be happy to assist you.**



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 York Botanical Gardens Orchid Show
April 17 \$35 pp includes tickets to Orchid Show plus transportation
A late lunch is on your own at Las Mañanitas in Brewster, NY

NYBG's annual celebration of all things orchid **carries you to the vibrant setting of Mexico** for *The Orchid Show: Mexican Modernism*. Set off on a journey where the fusion of tradition and contemporary artistry takes center stage amid awe-inspiring displays of orchids, and wander through **lush landscapes brought into vivid relief with thousands of flowers** that showcase diverse ecosystems and rich cultures. Among bright arrangements of orchids in settings **inspired by the bold, multicolored designs of Mexican modernist architect Luis Barragán**, come visit a paradise of tropical beauty—without ever leaving the Bronx.



Sign up starting the first business day of April at 8:10 am

DREAM GIRLS! April 23, 11:45 am – 7 pm (2:00 pm show)
\$87 includes ticket and transportation White Plains Performing Arts Center
Dinner at Molly Darcys Irish Pub and Restaurant in Danbury, on your own.

This Tony Award-Winning musical is an inspirational journey through 20th century American pop music. **DREAMGIRLS** chronicles one Motown Girl group's rise from obscurity to superstardom, full of onstage joy and backstage drama all set in the glamorous and competitive world of the entertainment industry. The score features the hit songs 'And I Am Telling You I'm Not Going', 'I Am Changing', 'One Night Only' and many more!



Winner! Six 1982 Tony Awards, including Best Book Nominee: Thirteen 1982 Tony Awards, including Best Musical

Please note: Due to the late return, at home pick-ups may be limited
Sign up beginning 1st business day of April at 8:10 am

Meriden Daffodil Festival and Crafts by the Lake!
New England's Most Beautiful Crafts Fair!

May 3 (Saturday) 9:00 am – 2:00 pm \$5 includes transportation

There is no charge for admission! They do not accept cards at the event, **it is all cash only**. Plenty of fun fair food, and unique crafts plus the beautiful daffodils will be in bloom. On Saturday at 11:30 there's a parade!

Rain Date May 4

Sign up beginning 1st business day of April at 8:10 am

INSTRUCTIONS WHEN TRIPS ARE OFFERED

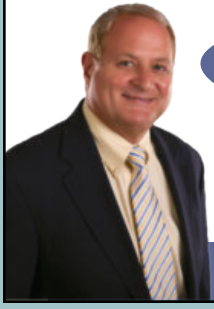
You may reserve 2 spots for a trip and the 2nd person must also be a member. If you need to be picked up at home, you must tell us when you make the reservation. You will not be asked if you need a pickup at home and any requests to change that status after you have paid will not be made. Request for a pick up at home IS NOT MADE THROUGH OUR TRANSPORTATION DEPARTMENT. 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.

The "Transportation Request Form" is not applicable for Senior Center Trips. This form is only for daily transportation. You MUST request home pick up at the time of making your reservation. You will not be asked when you make your reservation.

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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2025 OBSERVED HOLIDAYS

2025 HOLIDAY SCHEDULE

HOLIDAY	DAY	OBSERVED
Good Friday	Friday	April 18, 2025
Memorial Day	Monday	May 26, 2025
Independence Day	Friday	July 4, 2025
Labor Day	Monday	September 1, 2025
Columbus Day	Monday	October 13, 2025
Veterans Day	Tuesday	November 11, 2025
Thanksgiving	Thursday	November 27, 2025
	Friday	November 28, 2025
Closed	Wednesday	December 24, 2025
Christmas	Thursday	December 25, 2025
Floating Holiday	Friday	December 26, 2025

The Senior Center follows the Region 15 School Inclement Weather Policy:

If schools are closed due to inclement weather, all meals, activities, classes, and non-medical transportation are cancelled.

Medical transportation will be cancelled on a case by case basis. All riders will be notified accordingly.

If school has a delayed opening or an early dismissal, the senior center will hold regular business hours.

An announcement will be made on: WFSB-Ch. 3, WWIT-Ch. 30, and WTNH-Ch. 8.

If the Senior Center should remain open in questionable weather, consider safety issues and remain at home.

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



Manic Monday Shopping

- ◆ For safety reasons, riders are not permitted to wander from the destination(s) offered.
- ◆ Call the transportation office if you have store suggestions.
- ◆ Note: Large purchases are not permitted (i.e. appliances, large electronics, etc.) Riders must be able to carry purchases onto and off of the bus; drivers cannot assist.
- ◆ Repeated failures to take scheduled trips, regardless of reason, are subject for review.
- ◆ You may add 1 additional member to your reservation. You must include their full name and telephone number for their reservation to be valid.

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

April 7 - Walmart in Naugatuck with lunch at Imperial China Buffett in Watertown

April 14 - Ocean State Job Lot & Trader Joe's in Danbury with lunch at The Long Horn Steak House

April 21 - Kohl's in Waterbury with lunch at Dottie's in Woodbury

April 28 - Market 32 and Goodwill in Oxford with lunch at The Brookside Inn



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

Out of Town Medical Appointments Dial-A-Ride Card (\$15) fees are as follows:

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

To clarify the 48 hour rule for requesting transportation, we are providing the chart below which indicates 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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Partners, *Elizabeth A. Fisher (left) and Lisa E. Wnuck (right) center back row.*

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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**
Senior6@southbury-ct.gov

Transportation Coordinator

Brenda Dionne
Transport1@southbury-ct.gov



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



988 Suicide and Crisis Lifeline

Calling 988 will direct the caller to representatives specifically trained in the management of suicide risk and other mental health crisis



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

Do you have questions about Medicare and its many insurance choices?

Come visit with an experienced, certified, Medicare counselor that has been serving the Southbury Senior Center for the past 12 years. Call the Senior Center to make an appointment. There is no fee for this service.

Reminder: Paul returns to the 3rd Monday of the month after Open Enrollment ends.