



# Welcome to the Southbury Senior Center!



## CONTACT US:



561 Main Street South  
Southbury, CT 06488



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



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



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

## GREETINGS!

**Happy February!** How are those New Year's Resolutions coming along? February is American Heart Month, a time when all people - especially women - are encouraged to focus on their cardiovascular health. High blood pressure is a leading cause of heart disease. Nearly half of U.S. adults have high blood pressure, which puts them at risk for heart disease and stroke. The Senior Center offers **free blood pressure screenings** on the 2<sup>nd</sup> Thursday of the month from 10:30am - 11:00am!

Physical activity can help you maintain a healthy weight and lower your blood pressure, blood cholesterol, and blood sugar levels. We encourage you to stop by and try some of our great exercise classes! We have Pilates, Chair Yoga, Aerobics and many more! See page 8 for the full activity schedule.

Warm Wishes,

Andrea



### Manicures February 3<sup>rd</sup>

10:30am - 11:30am



Sponsored by Brightstar Care & River Glen Health Care Center. Come get pampered and have a relaxing manicure compliments of Nancy Kost from Brightstar Care and Heidi Sojka from River Glen Health Center. They will be offering the basics like filing, massages and polish.

**Call today to reserve your 20 Minute appointment!**

### Swedish Massage Tuesday and Wednesday 9:00am - 12 :00pm

Enjoy a therapeutic massage with licensed massage therapist, Jakub!

**30 minute massage \$35**

**60 min \$55**

**90 minute \$100**

**Cash or credit. Please note there is a \$5 additional charge for payments made by credit card. Checks are not accepted.**

State protocols will be followed to ensure a safe and relaxing experience. Massage reduces stress and increases relaxation, reduces pain, improves circulation and lowers heart rate and blood pressure.

## Join us for the Souper Bowl!



Get ready for a deliciously fun event! Mark your calendars for **Tuesday, February 4, from 12:00 PM to 2:30 PM** and join us for **The Souper Bowl**. For just **\$6**, you can enjoy a hearty meal featuring soup, chili, cornbread, dessert, non-alcoholic beer, soda, and coffee.

But that's not all! We'll have a lineup of exciting games where you can win **SUPER prizes**. It's the perfect opportunity to show off your football spirit, so don't forget to wear your favorite football jersey!

Bring your appetite for a fantastic afternoon of food, fun, and friendly competition. We can't wait to see you there!

**Sign up now and be part of the fun!**

### New! The Loop Troop Crochet Group! The 1<sup>st</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> Thursday of the month, 10 am -11:30 am

If you want to learn to crochet, brush up your skill level, or just want time to "unravel", join us! We will be working with yarn (not crochet thread) to make easy, beginner projects. Please bring your crochet hook (size H. 5.0mm) and worsted weight (4.0) yarn in a pastel or light color.

Simple patterns and instructions are free, but you must sign up as class size is limited. Sign up today!

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

# FEBRUARY 2025 - GREETINGS AND PROGRAMS OFFERED

Page 2



**Love is in the air! Happy February!**



We have some fun programs this month like **THE SOUPER BOWL on the 4<sup>th</sup>**! Let's have some fun! Don't miss our annual trip to **the Connecticut Flower and Garden Show** for a touch of spring! There is also a fun trip to **Foxwoods Tanger Outlets** for some Shopping on the 11th. Jennifer Hernandez from the Lutheran Home of Southbury is here on Valentine's Day with Flower arranging! Don't miss important information from Atty Jeanne DiMinno on the 26<sup>th</sup> on Estate Planning too.

Sending out love to all our members! Happy Valentine's Day!

Warmest Regards

**Kathy**



## Mini Facials With Laura February 10, 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!**



## Page Turner's February 12, 1-2pm

**February's book: Hiroshima by John Hersey**

"This book tells the stories of six survivors of the atomic bomb dropped on Hiroshima covering the period of time immediately prior to and one year after the atomic bomb was dropped on August 6, 1945." (from the internet post, uncredited)

Books will be available through the second floor of Town Hall where library staff are located.

We welcome new and returning members to Page Turners.



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

**1<sup>st</sup> and 3<sup>rd</sup> Mondays 11:00 - 12:00pm**

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

## Tech help available! Mon-Thurs 3pm-4pm

A local high school student will be volunteering in February and offering free tech help!

Call now to schedule your appointment. Bring your smartphone, tablet, or laptop and a list of questions.

## Great Courses February 12, 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 10: The Ordinary Roman Speaks: Graffiti** the surviving literary sources from the ancient Roman world were authored almost exclusively by wealthy men of the upper classes, even though such men comprised far less than one half of one percent of the total population of those living in the Roman Empire. Inevitably, the works produced by this tiny group of upper-class men reflect their own specific concerns, customs, perspectives, and prejudices, yet these documents have been used as the basis for our understanding of what the entire ancient Roman world as a whole was like. This lecture and the following one look beyond the traditional primary source material written by the upper classes in order to examine two types of information that survive from nonelites-graffiti and tombstone inscriptions and how these give us a richer and more complete vision of all strata of Roman society.

We hope you'll join us.

## Sometimes we have popcorn

## Healthy Chats February 13, 10am-12pm

Please join the public health nurse from the Housatonic Valley Health District hosts a "Blood Pressure Clinic along with "Pulse for Pulse".

**See page 6 for more information.**

## Monthly Dementia Caregivers Support Group 2<sup>nd</sup> Wednesday of the month 11:00 am - 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.

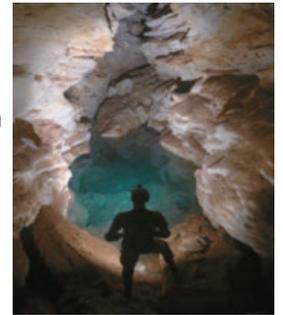
### February 4<sup>th</sup> “We Return Fighting”: The Harlem Hellfighters in World War I National Museum of the United States Army

On Dec. 27, 1917, the all-Black 369th Infantry Regiment docked in Brest, France. In the 191 days the men spent on the front lines no ground was lost and no man was captured. Their actions earned them the nickname “Hellfighters.” Explore the commitment, challenges, and bravery of the Harlem Hellfighters. Learn how their actions, along with the thousands of other Black World War I veterans, contributed to the Allied victory. Examine the legacy of their service and its impact on the civil rights movement.



### February 11<sup>th</sup> “Small Cave No More”: Jewel Cave National Monument

Learn about one of the longest caves in the world! Hundreds of feet beneath our tour routes, Jewel Cave’s passageways descend deep enough to intersect the Madison Aquifer. At these points, cave explorers have discovered 14 underground lakes! When our exploration teams add new mileage to the cave, they encounter passageways and formations that have never before been seen by human eyes. The first discovered lake in Jewel Cave, Hourglass Lake, was encountered by an exploration team in 2015. Over 220 miles long, Jewel Cave is known for its length and the unique crystal formations that cover the cave walls. Join a ranger to learn about the cave formation, discovery, and modern exploration.



### February 18<sup>th</sup> Martin Van Buren National Historic Site

*“All in all, he’s a riddle that must puzzle the devil.” - Davy Crockett*

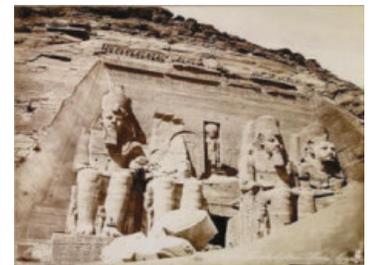
Today, Martin Van Buren is an obscure man, often little more than a footnote. In pre-Civil War America, however, it was impossible not to have an opinion of him. Van Buren was central to the creation of America’s political parties and to the largest crisis of his time, slavery. The above quote is from Davy Crockett, one of many Americans trying to understand the Red Fox of Kinderhook.

When Martin Van Buren was born in 1782, the Founding Fathers had just laid the foundations for the new nation in the Constitution and Bill of Rights. The actual workings of the government were far from settled. Issues that separated political activists included states’ rights, the establishment of a National Bank, a standing army, international commerce and the powers of the Federal Government, to name a few. Join us as we learn about this historic site, Lindenwald, an estate he purchased in his hometown of Kinderhook in 1839. After his presidency, Lindenwald became not only a family home, but a political base.



### Feb 25<sup>th</sup> “Freer in Egypt”: National Museum of Asian Art

Charles Lang Freer developed an interest in Ancient Near Eastern objects in 1902 when he began to collect examples of the region’s ceramic vessels, such as glazed jars from the [Parthian period](#) (247 BCE–224 CE) and ancient Egyptian statuettes in faience (e.g., [F1902.24](#)). His interest increased over the years and culminated in 1906 when he embarked on his first trip to Egypt.



In 1906, Freer made his first trip to Egypt. The journey started in Detroit in November and after a stop in New York and Philadelphia, he reached Naples on November 29, 1906. From there he sailed with the SS Oceana and reached Alexandria on December 8, 1906. Freer traveled throughout Egypt for about two months until January 1907, allowing him to develop his first impressions of the country.

5,000 mi

# FEBRUARY 2025 PROGRAMS OFFERED

Page 4

## Understanding Colorectal Cancer: Is It Preventable?

**February 13, 11am-12pm**

(See Page 6 for full information.)

Dr. Steven Gorelick is a gastroenterologist at Nuvance Health - Danbury Hospital and is well versed in diagnosing and managing patients with acute and chronic GI conditions with advanced training in liver disease and transplant.

Sign up today!

## Flower Arranging Jennifer from the Lutheran Home February 14, 11:00 am

Enjoy creating a beautiful bouquet for yourself or someone you love! No experience necessary, Jennifer will guide you as you arrange a lovely floral masterpiece you can take with you courtesy of the Lutheran Home of Southbury!



Limited to 15 members Call to sign up beginning the first business day at 8:10 am

## Creative Flair with Bethel Health Care February 24, 11am

Join Danielle Ramos from Bethel Health Care to paint & adorn a 6x6 wood classic serving tray with a Valentine theme that you can give as a gift or keep for yourself!



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



## Southbury Shells February 26, 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.**

## Creating a Strong Estate Plan: Protect Your Family and Your Finances February 26, 1:00 pm

Whether you are a planner or a procrastinator, having a strong and up-to-date estate plan should be at the top of your to-do list. In addition to providing the peace of mind of knowing your final wishes will be legally documented, an estate plan provides a roadmap for your loved ones to know how to care for you if you are no longer able to care for yourself and/or your financial and legal affairs.

In this session, you'll learn about important estate planning documents like Wills, powers of attorney, advance directives, and trusts, and the purpose and powers included in each. Furthermore, we'll examine what happens if you don't have a Will when you pass away, how your estate gets divided amongst your heirs, who can pay your bills if you can't, how to choose your power of attorney and health care agents, and some common estate planning mistakes that you will want to avoid. Even if you have already created an estate plan, discover when and if you should have your existing documents reviewed and updated.

Call to sign up beginning the first business day of the month starting at 8:10 am



## HOOKS and NEEDLES

In the Lounge on Wednesday from 1 to 2:30 pm

This group is for knitting, crochet or other needlework and everyone works on their own projects.

We exchange patterns ideas, enjoy chatting and laughter. Bring your favorite 'work in progress', begin something new or just stop by to chat.

Won't you join us?

Free tax services for seniors (*for low to moderate incomes*). In-person appointments available on a first come first serve basis. This is a volunteer run service.

**AARP** will be here Wednesdays, February 5<sup>th</sup> – April 2<sup>nd</sup>

**VITA (Volunteer Income Tax Assistance)** will be here on Mondays, February 10<sup>th</sup> – April 7<sup>th</sup> (closed 2/17).

Call now to make an appointment. You must pick up forms at the Senior Center prior to your appointment.

## New! Smoothie Bar!

2<sup>nd</sup> Monday of the month, 10:00 am

**Katie Kirdzik** will be at the center each month making you a delicious smoothie in between exercise classes!

Sponsored by **Stone Bridge Center for Health and Rehabilitation**.



## 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.

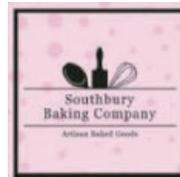


**\$5 PER PERSON**  
**PAYMENT MUST BE MADE IN PERSON AT THE TIME OF SIGN UP TO SECURE YOUR RESERVATION**  
**Lunch is served at 12pm and your place will be held until 12:15pm**



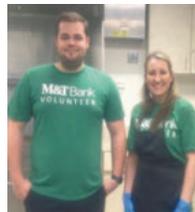
**LUNCH IS NON-REFUNDABLE AND NON-TRANSFERRABLE**

Day/Date	Meal (Last Day for Reservation by 11:00am the working day before)
Tuesday, Feb. 4th	No Regular Lunch— <b>Souper Bowl!</b> Pre-Registration Required—See page 1
Thursday Feb. 6th	1/2 Turkey Sandwich & Soup
Tuesday Feb. 11th	Stuffed Peppers with Italian Bread
Thursday Feb. 13th	1/2 Ham Sandwich & Soup
Tuesday Feb. 18th	No Lunch
Thursday Feb. 20th	1/2 Roast Beef Sandwich & Soup
Tuesday, Feb. 25th	Chicken Piccata with Rice and Veggies
Thursday, Feb. 27th	1/2 Chicken Salad Sandwich & Soup <b>*Birthday Cupcake Day*</b>



**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.

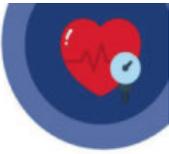
**ALL PROGRAMS ARE FOR SOUTHBURY SENIOR CENTER MEMBERS ONLY UNLESS OTHERWISE STATED.**

# FEBRUARY 2025 - 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!



### Blood Pressure Clinic

with HVHD's Public Health Nurse

**Second Thursday of the Month**  
**10:30 AM - 11 AM**  
**Southbury Senior Center**

Keep track of your health with a free manual blood pressure reading from one of HVHD's Public Health Nurses!



No registration required!




### Understanding Colorectal Cancer: Is It Preventable?

With Dr. Gorelick

**FEBRUARY 13TH FROM 11:00 AM - 12:00 PM**  
**SOUTHBURY SENIOR CENTER**  
**NO REGISTRATION REQUIRED!**

Dr. Steven Gorelick is a gastroenterologist at Nuvance Health - Danbury Hospital and is board certified by the American Board of Internal Medicine. Dedicated to building strong and long-lasting relationships, he takes special interest in educating his patients to improve their overall quality of life. Dr. Gorelick is well versed in diagnosing and managing patients with acute and chronic GI conditions with advanced training in liver disease and transplant. Performing more than 15,000 procedures over his career, he enjoys the procedural aspect of GI, as well as the personal patient interactions. He provides comprehensive care to each patient, treating and viewing them as individuals. Dr. Gorelick is originally from the area—growing up in Mahopac, New York—and enjoys spending time with his family doing outdoor activities and playing sports. Dr. Gorelick was named a 2023 Top Doc by Castle Connolly.



  For more information, visit [www.hvhdcct.gov/events](http://www.hvhdcct.gov/events)



### PROACTIVE HEALTH CARE

@ SOUTHBURY SENIOR CENTER

**Thursday, February 13, 2025 from 10:00am-12:00pm**

**OUR SERVICE:**

- 20-min non-invasive circulation test providing a clear picture of your cardiovascular health
- Real-time results and recommendations
- Clinicians will be onsite to offer this valuable test and answer any questions

**MOST INSURANCES ACCEPTED!**

The following insurances participate: Connecticutcare, BCBS (SOME PLANS), Wellcare, UnitedHealthcare, Oxford, UMR, Cigna, Stirling Benefits, CT Medicaid (Husky), & Government Medicare (Part B)

\*\*Kindly be aware that a Cash Price of \$50.00 is available for individuals whose insurance is not included in the list above yet still wish to undergo the test.

REGISTER HERE or call Doreen Napoli from Pulse4Pulse, LLC at 860-919-7358 to register.



## Coming in March!

### Spring Fling! \$10

Thursday, March 20 11:45 – 1:45 pm

Delicious Lunch of Nardelli's Cavatelli with Chicken and Broccoli, Carrot cake, punch, coffee

Featuring the musical talent of Kier White!

Limited to 42

Kier believes that music has the ability to lift us even higher in times of jubilation or make us reflect deeply in times of sadness and despair. He is the ninth child from a proud Polish/Irish family of twelve and often found music to be an escape. We hope you'll enjoy his beautiful voice! (he reminds me of Josh Groban!)





# Thinking of selling your house or condo?

**JUSTIN BETTE** is the the **#1 SELLER**  
of Southbury properties since 2016



[betterealtors.com](http://betterealtors.com)

CALL TODAY for Your Free Market Analysis **203-217-5768**



★★★★★ **Rated 5 Stars!**

Muscle & Joint Pain • Post-Op Rehab  
Arthritis • Vertigo & Balance Issues  
Sprains/Strains • Neck/Back Pain

[www.PTforLife.com](http://www.PTforLife.com)



**PT For Life Southbury**  
760 Main Street South, Unit D  
(203) 437-6155

Convenient location.  
All major insurance accepted.  
**NO DOCTOR REFERRAL NEEDED!**

**Need guidance selecting the right Medicare plan?**

*My services are at no cost*

**OFFERING:**  
Medicare Advantage Plans  
Medicare Supplement Plans  
Part D Drug Plans  
Contact me **TODAY** at  
203-231-5511

or email me at  
[sharoncrowther59@gmail.com](mailto:sharoncrowther59@gmail.com)



**Sharon Crowther**  
Licensed Insurance Broker  
State of Connecticut

[www.SharonCrowtherSeniorInsurance.com](http://www.SharonCrowtherSeniorInsurance.com)

Call us we're here to help!  
\*Free Estimate



Your source for computer solutions!

Repairs, Upgrades, Data Recovery,  
Instruction, Networking,  
Office/Home, Windows/Mac

**203.262.1869**

[Andy@ChapinBusiness.com](mailto:Andy@ChapinBusiness.com)  
[ChapinBusiness.com](http://ChapinBusiness.com)

Accepting New Patients!



Maysoon M. Salem, O.D.  
Fabian C. Villacis, O.D.

**203-267-2020**

1449 Old Waterbury Rd, Ste. 304  
Southbury, CT 06488  
[www.newinsighteyecare.com](http://www.newinsighteyecare.com)

**SUPPORT OUR  
ADVERTISERS!**



**Serving the Local  
Community for Over  
20 + Years!**

Specializing in 24/7 Live-In Care  
Homemaker/Companionship & Personal Care  
Meal Preparation • Errands/Shopping  
Personal Hygiene Assistance  
Rewarding Companionship  
Respite Care for Families  
You Choose the Caregiver

**A FREE In-Home Consultation**  
Serving Fairfield, Litchfield & New Haven Counties  
**Live-In & Hourly Care Available!**  
[Visitingangels.com/brookfield](http://Visitingangels.com/brookfield) • **203-740-0230**

CT Reg. # HCA 0000630 • Screened, Bonded & Insured

**Hartford  
HealthCare**  
at Home

# 1.800. HOMECARE

(1.800.466.3227)

- Certified Nursing
- Live-in Care
- Rehabilitation
- Companionship
- Personal Care
- Hospice
- Lifeline Emergency Response System



**BROOKSIDE MEMORIAL**  
THE ALBANI FAMILY FUNERAL HOME & CREMATORY  
310 HENSON ROAD, MIDDLETOWN, CT 06452 | 203-377-1333



## Simple Cremation

We believe in providing families with simple choices, affordable options, and honest pricing with no hidden costs. Most funeral homes outsource the cremation to another facility, however we are one of the very few funeral homes in CT that own and operate our own **On Site Crematory** giving you *Peace of Mind* knowing that your loved one never leaves our care. Call us today to speak with a funeral director or to schedule an appointment to discuss your needs.

## IF YOU LIVE ALONE

**MDMedAlert!**™  
**At HOME and AWAY!**

STARTING AT  
**\$19<sup>95</sup>** /mo.

- ✓ Ambulance
  - ✓ Police
  - ✓ Family
  - ✓ GPS & Fall Alert
- "STAY SAFE in the HOME YOU LOVE!"**



**800.809.3570**

[md-medalert.com](http://md-medalert.com)



## In-home senior care

Home is where the heart is and Comfort Keepers® provides dedicated professional assistance by *Elevating the Human Spirit* through our Interactive Caregiving each and every day.



*Elevating the  
Human Spirit*

**Call for your Free Assessment (203) 924-4949**

385 Main St South, Suite 212, Southbury, CT 06488

License: HCA 0001196



# WEEKLY SCHEDULED CLASSES

## 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.

<b>MONDAY</b>	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 (Second Monday in the Month) - Check Newsletter for date Grief, Trauma Support Group (1st & 3rd Monday of the month) Tap Dancing - <b>Hiatus in February</b>
<b>TUESDAY</b>	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 - <b>Appointments Tues &amp; Wed</b> 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)
<b>WEDNESDAY</b>	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 - <b>Appointments Tues &amp; Wed</b> 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)
<b>THURSDAY</b>	8:45-9:45 10:00-11:00 10:30 10:30-11:00 12:30-3:30 12:45-2:45 1:30-4:00	Yoga Weight Strengthen/Tone Let's Take a Walk! - <b>Will resume in the Spring</b> Blood Pressure Screening - (2nd Thursday of the month) Mahjong Bingo Table Tennis
<b>FRIDAY</b>	9:30-10:30 10:40-11:40 11:45-12:45	Muscle Tone Line Dancing Tai Chi

# FEBRUARY 2025 PROGRAM CHANGES/CLOSINGS

**Closings, class changes ONLY are listed below**

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

**Class cancellations:**

**Monday, February 17th we are closed**

**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.**

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.**

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

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.

**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



**Please Note:** We begin taking reservations for the trips listed below on the first business day of the month beginning at 8:10am. Do Not Leave A Message unless you are calling later in the day and are unable to speak to the staff. Phone calls ONLY will be honored. **No front counter reservations will be accepted until 1pm.**

### **Tanger Outlets at Foxwoods! Weather permitting! February 11, 9 am – 4 pm \$5 includes transportation**

Enjoy World class shopping all under one roof at the Tanger Outlets at Foxwoods. With more than 60 premier outlet stores offering real style and real savings every day! **Lunch is on your own at Foxwoods.**



### **Connecticut Flower Show – Signs of Spring**

**February 20, 9:00 am – 2:00 \$20 pp includes transportation and ticket.**

Enjoy hundreds of flower and garden exhibitors! Including artists, crafters, tools, décor, outdoor living experts, indoor and outdoor plants, seeds, bulbs, water features and more! Floral Design and Horticulture competition! Offering 80+ hours of educational seminars and demos! **Lunch is on your own at the show**



### **AquaTurf St Patrick's Day Celebration! Featuring the McLean Avenue Band & Irish Step Dancers! March 11, 10:15 am – 4:15 pm \$60.00 pp includes ticket and transportation**



Padraig Allen and The Mclean Avenue Band have taken the Irish American music and entertainment scene by storm with their wonderful arrangements of pop, rock, and folk songs, intertwined with traditional Irish toons and upbeat melodies!

Lunch is Corned Beef and Cabbage, Baked Cod, Coffee and Donuts, Glass of Beer or Wine, Door prizes, and so much fun!

## **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.





# JACK ZAZZARO, D.M.D.

Reconstructive, Cosmetic & Preventive Dentistry

Dr. Zazzaro, with his extensive experience and training can give you the smile you have always wanted.

*"Comprehensive Dental Care In A Contemporary Atmosphere"*

[www.DrZsmile.com](http://www.DrZsmile.com)

- Express Whitening and Complete Implant Services
- Most Insurances Accepted
- 0% Financing Available
- Emergencies Welcome

Gentle Care for All Ages • Senior Courtesy

316 Main Street South • Southbury

(203) 264-0244



*Extraordinary Caregivers, Exceptional Care*  
Located in Southbury | 203-636-0991

## ENHANCING WELLNESS THROUGH CARE AND CONNECTION



Renovations Currently Underway!

### Motif

by MONARCH  
Senior Living Community

655 Main Street S.  
Southbury

Schedule a Visit  
203-267-7100

# BURIAL OR CREMATION?

We can help you make your decision now so *your family won't have to later.*



750 Main Street South  
Southbury, CT 06488  
(203) 264-1991  
[CarpinoCares.com](http://CarpinoCares.com)



SCAN QR code to request your FREE Planning Guide today!



## DIAGNOSTIC IMAGING OF SOUTHURY

*Celebrating 26 years as your imaging provider*

### YOU HAVE A CHOICE

- ✓ High Quality
- ✓ Lower Cost

### SERVICES

- MRI – High Field Wide Bore
- CT Scan
- 3D Digital Mammography
- Ultrasound / Vascular Imaging
- Echocardiography
- Arthrography
- DEXA – Bone Densitometry
- X-Ray



Accredited Nationally  
Serving You Locally

SOUTHURY (203) 267-5800 • Union Square Plaza  
[www.nvrad.com](http://www.nvrad.com)

## LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME **Bill Humphreys**

[bhumphreys@4LPi.com](mailto:bhumphreys@4LPi.com) or (800) 477-4574 x6634

### MUNSON-LOVETERE FUNERAL HOME & CREMATION SERVICES, INC.

Woodbury & Southbury

203-263-2146

[www.munsonloveterefuneralhome.com](http://www.munsonloveterefuneralhome.com)



# 2025 OBSERVED HOLIDAYS

## 2025 HOLIDAY SCHEDULE

HOLIDAY	DAY	OBSERVED
<b>President's Day</b>	<b>Monday</b>	<b>February 17, 2025</b>
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.**



- February 3 - Post Mall (Boscov's) with lunch at The Cracker Barrel
- February 10 - Ikea in New Haven with lunch there
- February 24 - Danbury Mall with lunch at The Cheesecake Factory

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

Life-changing  
**hearing care**  
starts **here.**

Visit us for all your  
hearing-related needs.



**HearingLife**  
formerly **HEARING AID**  
*Specialists of CT*

1449 Old Waterbury Rd., Suite 303, Southbury, CT  
**203.364.5274**

Mention code **AG60-12** when calling.

Call today to schedule  
your **complimentary**  
hearing assessment\*  
and personal  
demonstration.

\*See office for details.



**Access Rehab Centers**

A Waterbury Hospital & Easterseals Partnership in Physical Rehabilitation

**Physical Therapy**

690 Main St. South Ste 5  
Southbury

**203-267-4060**



**POMPERAUG  
WOODS**  
Managed by Life Care Services

IT'S MORE THAN A PLACE TO LIVE.  
IT'S A WAY OF LIFE.

Southbury's only not-for-profit Life Plan community offering:

Independent Living • Assisted Living  
Memory Care • Skilled Nursing

Call **203-262-6555** to learn more about The Art of Living.

80 HERITAGE ROAD • SOUTHURY, CT 06488

POMPERAUGWOODS.COM



**HERITAGE LAW LLC**  
CONNECTICUT PROBATE LAW COUNSEL



Partners, *Elizabeth A. Fisher (left) and Lisa E. Wnuck (right) center back row.*

**ESTATE PROBATE HELP**

Probate and Estate  
Administration, Trust Settlement

493 Heritage Road  
Southbury, CT

Located in Heritage Village

**203-586-1445**

[www.heritagelawct.com](http://www.heritagelawct.com)



**UConn**  
WATERBURY



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

**REGISTER TODAY!**

[olli.uconn.edu](http://olli.uconn.edu) [osher@uconn.edu](mailto:osher@uconn.edu) 475-222-6261

**OPEN MRI**



THE GROUNDBREAKING  
**VELOCITY**  
TRUE OPEN MRI

**Now in Southbury**  
(Located behind Riverview Cinemas)



**WaterburyHEALTH**

Your Imaging Team at Valley Imaging Partners, LLC

690 Main Street South, Suite 7LL | Southbury, CT | 203.755.OPEN (6736)



**10% OFF**  
of your first  
purchase!

**ON THE MEND**  
MEDICAL SUPPLIES & EQUIPMENT

Providing Solutions to  
Live More Independently!

- Stair Lifts & Ramps
- Mobility Scooters & Chairs
- Reclining Lift Chairs
- Portable Oxygen
- Hospital Beds
- Bathroom Safety
- Rentals & much more!

We Deliver! Complimentary Home Safety Assessments!

385 Main St. South Ste. 102  
Southbury, CT 06488

**203-262-0383**

280 N Bedford Rd, Ste. 101  
Mt Kisco, NY 10549

**914-483-3605**

[onthemendmedical.com](http://onthemendmedical.com)





Southbury Senior Center

Where Your Adventure Continues

PRSR STD  
U.S. POSTAGE  
**PAID**  
SOUTHURY, CT  
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**  
Senior6@southbury-ct.gov

**Transportation Coordinator**

Brenda Dionne  
Transport1@southbury-ct.gov



Place mailing label  
here

Would you like to receive our newsletter electronically?



Subscribe to our newsletter directly to the printer LPI and you will receive an email notifying you a newsletter is available for viewing. All you need to do if you are interested in subscribing: scan the QRCode then choose the link shown below the code. Once you have been directed to the LPI site complete the registration process.

You will receive an email notifying you that we have a new newsletter to view each time it is sent for printing.

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.**