



Southbury
Senior Center
Where the Adventure Continues

Welcome to the Southbury Senior Center!



561 Main Street South Southbury, CT 06488

www.southbury-ct.org/seniors

(203) 262-0651 (Main Office)
(203) 262-0652 (Transportation Line)
(203)-262-0653 (Social Services)

Monday, Tuesday, Thursday	8am-5pm
Wednesday	8am-6pm
Friday	8am-1pm

Did you know we have a small lending library located in the back the lounge? Alongside great reads, you'll find puzzles to borrow and swap. Nothing is better during these cold winter months than cozying up with a good book or keeping your mind sharp with a jigsaw puzzle. Take one, leave one, and help keep the collection going!

FYI - if you finish a puzzle with a missing piece or two, freely discard.

Warmest wishes

Andrea



We are happy to announce that VITA will be offering income tax filing this year

There will be 2 Preparers in the Center starting **February 2nd through April 13th, 9am-12pm & 1pm-3pm**. Please call the office for an appointment.

The income guideline is LESS THAN \$69,000. ANYONE OVER THIS INCOME WILL NOT HAVE THEIR TAXES PREPARED.

**Have you renewed your membership?
Reminder: Membership covers Jan 1st-Dec 31st.**

****Please Note: Sign up day for February programs is Monday, February 2, 2026 at 8:10am.****

**Massage Therapy
Tuesdays and Wednesdays
(Excluding 2nd Wednesday of the Month)
9am-12pm**

Enjoy a massage with licensed massage therapist Meg Dayton 25 Years Experience!

30 min \$25
60 min \$55
90 min \$80

Cash, Checks (payable to Cash), Venmo & Credit Cards

Choose any combinations: Swedish, Relaxation & Stress Reduction, Aromatherapy, Energy Work, Reiki, CranioSacral, Scalp &/or Neck, Jaw/TMJ, Lymphatic Drainage, Reflexology/Feet, Neuropathy Relief, Posture Analysis, Stretching, Sports, Table Thai, Acupressure/Shiatsu, Deep Tissue, Etc.

Monthly massage can reduce your chance of illness by up to 67%! Appointments may be available last minute!

Call to schedule your appointment today.



**Bereavement Support Group
Facilitated by Mary Silverman
Twice Monthly—1pm
1st & 3rd Wednesday of the Month**

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

Sign up now and be part of the fun!

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



Dear Friends,

We have some fun programs this month like **THE SOUPER BOWL on the 5th!** Let's have some fun! Don't miss our annual trip to **the Connecticut Flower and Garden Show** for a Story Book Garden experience! Fairy Hair is back on the 12th in time to sparkly for Valentine's Day, and we have Memory Screenings on the 19th with Julia Ramia from Hartford Health. Lots more too!

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

Warmest Regards

Kathy



Great Courses Feb. 11 10:00 am

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.

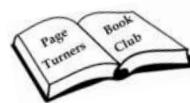
This month we continue with Lecture 22- When and Why did the Roman Empire Fall?

In the 2nd century AD, when it was at the height of its power, the Roman Empire ruled confidently and serenely over the entire Mediterranean basin with a seemingly stable and prosperous economy, a wise government, an advanced legal system, a powerful military and a sophisticated culture. According to the conventional view, however, within a few centuries, this glorious and powerful structure would totter, crumble and vanish, taking with it the best of its achievements and sophistication and leaving behind a reduced and coarser world that was doomed to stumble through centuries of medieval squalor before the Renaissance rekindled the light of learning and culture. Because of the central role that Rome played in Western culture, people from the Middle Ages onward have been fascinated by the puzzle of how and why such a mighty empire could have collapsed.



Sometimes we have popcorn!

Monthly Dementia Caregivers Support Group
No February Meeting 2nd Wednesday of the month,
11am -12pm
Join Hartford Health Care Dementia Specialist, Julianne Ramia for a monthly Caregiver support. Program will vary each month. Please call to register.



Page Turner's Feb. 11, 1:00pm-2:00pm

February's Book: The Little Friend by Donna Tartt

(from Wikipedia) **"The Little Friend** follows a young girl, Harriet Cleve Dufresnes, living in Mississippi in the early 1970's. The story revolves around the unexplained death of Harriet's brother Robin who died by hanging in 1964 at the age of nine. The aftermath of this tragedy as well as the dynamics of Harriet's extended family serves as the principal focus of this novel.

Books are available at the Southbury Library on the holds shelf. All are welcome to attend.



Mini Facials With Laura

2nd & 3rd Mondays, 11am-2pm

**No Facials
In February**

Experience a skin analysis followed by a Customized, Mini Facial with licensed 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! (Cash or Check Only)

WE OFFER THE FOLLOWING AS A ONE-TIME 15 MINUTE CONSULTATION ON THE SECOND TUESDAY OF THE MONTH:

ASK THE ATTORNEY 10:00am
ASK THE REALTOR 2:15pm

**Fairy Hair
Feb. 12, 3:45
\$5 per person**

Get your Sparkles on! 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.

Add some sparkle to your life and your hair! We had Dana bring us Fairy Hair a few times already. We thought it would last a few weeks at most – but they seem to last longer than expected.

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 mid-winter treat!**

Sign up on February 2, 2026 at 8:10 by phone only & get ready to shine!

Coffee with the First Selectman

Feb. 17, 10:00 am

Southbury's First Selectman Tim O'Neill, will be joining us for coffee at the Senior Center to give you the opportunity to get to know him better. Tim is eager for you to share your thoughts, hear your concerns, and answer questions about Southbury and our local government! We hope you will join us for this casual and informal round table discussion.

***Sign up on February 2, 2026 at 8:10 by phone only!
Limited to 15 members.***

Memory Screenings Feb. 19, 10:00 am – 12:00 pm

Free confidential memory screening done by Julianne Ramia, Dementia Specialist

A memory screening is a simple and safe evaluation tool that checks memory and other thinking skills.

This confidential memory screening averages 20 minutes and consists of 11 questions to assess memory.

Memory screens do not diagnose a specific condition or illness. Their purpose is to determine if you may need further evaluation. *****Limited to 6 appointments*****

Sign up on February 2, 2026 at 8:10 by phone only!

Creative Flair with Bethel Health Care

Feb. 23, 11:00 am

Create this lovely winter tree using buttons and snowflakes on wood.

No experience necessary, Danielle will guide you through the process!

Sign up February 2, 2026 at 8:10am by phone only. Limited to 12 members.



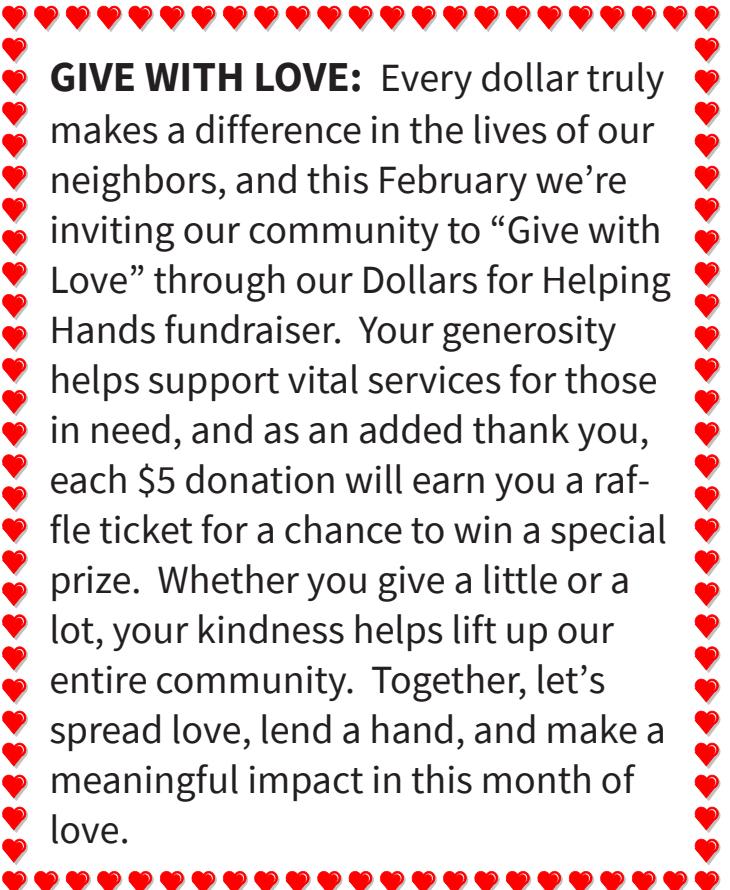
Southbury Shells

Feb. 25, 10am-11:30am

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



**Sign up February 2, 2026 at 8:10am by phone only.
Limited to 15 members.**



New!

Multi Session Series: The Next Chapter: Planning Your Path Forward

Session 1 February 24 2:00 pm

This program is a multi-session panel discussion series designed to empower seniors and their families to make informed life decisions about aging and future care. Through conversations led by professionals in elder law, financial planning, healthcare, homecare, social services, and advocacy, we aim to provide clarity, resources, and support for those navigating important choices whether aging in place, transitioning to care facilities or planning for long-term needs.

Session 1 will be an **Introduction and will address Housing and Financial Planning.**

Panelists for this session will include Realtor **Justin Bette and David Reynolds**, Home Equity Retirement Originator to discuss selling a home, downsizing, reverse mortgages, and housing market considerations, and financial Advisor **Martin Engstler** on budgeting for long-term care and managing assets.

Session 2 Senior Planning & Healthcare Professionals date: March 12

Session 3 Home Care & Facility Options date: April 22

Session 4 Legal & Community Resources date: May 19

Session 5 Programs & Benefits date tbd

Each session will include time for Q & A . At the end of the series, comprehensive resource packets will be made available for pick up. The series **will be open to the adult public** and **requires advance registration**.

Please call the office for more information and to register.

Give with Love, Dollars for Helping Hands!



Join us in spreading love this February by supporting our local Helping Hands charity.

**WIN
BIG!**

How to Participate:

Donate \$5 or more and receive a raffle ticket for a chance to win a special prize!

When: February 1–28

Where: Southbury Senior Center

Why: Every dollar helps a neighbor in need. Let's make a difference together!



**HELPING
HANDS**

MISSED THE DECEMBER 7 DEADLINE?

Special Enrollment Period (SEP) Reminder for 2026

Not everyone is “locked in” after December 7. Certain situations give you extra opportunities to change your coverage.

YOU MAY
STILL HAVE A
CHANCE TO
MAKE
MEDICARE
CHANGES!



MEDICARE ADVANTAGE OPEN ENROLLMENT PERIOD (MA-OEP)

If you're already enrolled in a Medicare Advantage plan, you can make one change:

- Switch to a different Medicare Advantage plan, OR
- Go back to Original Medicare.

Your change becomes effective the first day of the next month.

JAN. 1 TO
MARCH 31.



MSP/LIS (EXTRA HELP) BENEFICIARIES

If you have the Medicare Savings Program (MSP) or Extra Help/LIS, you may:

- Switch Part D plans once per month
- Switch from Medicare Advantage to Original Medicare

! This SEP cannot be used to switch between Medicare Advantage plans or to go into Medicare Advantage. Changes take effect the first of the following month.

ONCE PER
MONTH



IF YOUR PLAN ENDED FOR 2026

If your Medicare Advantage or Part D plan did not renew, you may make a change through February 28.

Your new plan starts the first of the next month.

THROUGH
FEB. 28,
2026



State Health Insurance
Assistance Program

Need Help? We're Here for You!
The SHIP/CHOICES department at the Western CT Area Agency on Aging is here to answer your questions. For unbiased, and free assistance call us at: 203-757-5449, Option 4.

SHIP/CHOICES - Local Medicare Assistance



Medicare Choices
Third Monday and Wednesday 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.



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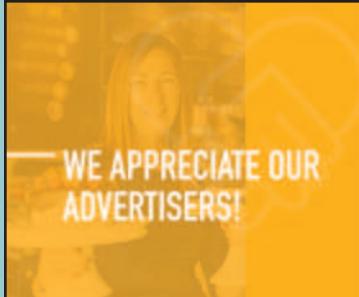
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WEEKLY SCHEDULED CLASSES

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 12:15-1:00	Certified Choices Counselor (60 min. appointments) - (3rd Mon. & Wed. of each month) Aerobics Class A Zumba Mini Facials (2 nd & 3 rd Monday in the Month) - Check Newsletter for date Beginner Tap Dancing
TUESDAY	9:00-12:00 8:45-9:45 10:00-11:00 10:00-11:00 11:15-12:15 11:30-12:30 1:30-4:30 2:15-3:15	Massage - Appointments Tues & Wed (Excluding the 2nd Wed of the Month) Fit & Flex A Class Fit & Flex B Class Ask the Attorney (15-minute one-time appointments, 2nd Tuesday of the month) Line Dancing Chair Yoga Table Tennis Ask the Realtor (15-minute appointments, 2nd Tuesday of the month)
WEDNESDAY	9:00-12:00 9:00-4:00 9:30-10:30 10:00-11:00 10:00-11:00 10:00-11:30 10:30-11:30 10:30-12:00 11:00-12:00 11:45-12:45 1:00-2:00 1:00-2:30 1:00-2:00 3:15-4:15	Massage - Appointments Tues & Wed (Excluding the 2nd Wed of the Month) Certified Choices Counselor (60 min. appointments) - (3rd Mon. & Wed. of each month) 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) Vitality Fitness with Karen Grief Support Group (1st & 3rd Wednesday of the month) Hooks and Needles Page Turners (2nd Wed) Tai Chi
THURSDAY	8:45-9:45 10:00-11:00 10:30 10:30-11:00 12:30-3:30 1:00-3:15	Yoga Weight Strengthen/Tone Let's Take a Walk! Interested parties should meet at the Center to walk. Blood Pressure Screening - (2nd Thursday of the month) Mahjong Table Tennis
FRIDAY	9:00-11:00 9:30-10:30	Game Day! (Scrabble, Rubicube, Chess, Wii Bowling & Puzzles) Muscle Tone



Closings, class changes ONLY are listed below**Special Programs—Call for Reservations as noted in the program descriptions****Class cancellations:****2/24: No Table Tennis, No Massage****Last 2 weeks of February—No Tap, Fit & Flex and Wt Strength & Tone**

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!

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, Wednesdays & 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.**



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 we ask 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. If the program you have registered for has a charge, your payment is due within 2 business days of registration to secure your place.

No front counter reservations will be accepted until 1pm on the 1st business day of the month.



Inclement weather policy :



Southbury Senior Center will follow 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 the following news stations: WFSB-Ch. 3, WVIT-Ch. 30, & WTNH-Ch. 8**
- **If the Senior Center should remain open in questionable weather, consider safety issues and remain at home.**





\$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

****(Last Day for Reservation by 11:00am the working day before)****

Day/Date	Meal
Tuesday, February 3rd	Chicken Francese with Rice and Veggies
Thursday, February 6th	No Lunch—Souper Bowl—advanced reservations required
Tuesday, February 10th	Macaroni & Cheese with Salad
Thursday, February 15th	1/2 Roast Beef Sandwich with Soup—Cupcake Day!
Tuesday, February 17th	No Lunch
Thursday, February 19th	1/2 Chicken Salad Sandwich and Soup
Tuesday, February 24th	Shepherd's Pie with Salad-Free Lunch Day for the 1st 30 members
Thursday, February 29	1/2 Reuben Sandwich and Soup

THIS PROGRAM IS NOT A GRAB AND GO LUNCH. FOOD IS TO BE EATEN IN THE BUILDING.

Thank you Lutheran Home for delicious cupcakes!



Please remember to thank our Awesome Volunteers who serve lunch weekly

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.



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“Storybook Garden” is this year’s theme and will explore the beauty, mystery and wisdom of myths, fables and fairy tales that have been told for generations. The show is full of creative and practical ideas for house, apartment and condo dwellers. New this year- Live Music! Plus all kinds of presentations on a variety of garden topics.

Sign up on February 2, 2026 at 8:10 by phone only!

44th Annual CT Flower Show

February 19, 9 am- 3pm \$25pp



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! Dinner included: Corned Beef & Cabbage/ Baked Cod All Entrees Served Family Style Complimentary Coffee & Donuts / Complimentary Glass of Beer or Wine / Complimentary Door Prizes

Sign up on February 2, 2026 at 8:10 by phone only!



AquaTurf Club McClean Avenue Band & Irish Step Dancers

March 10th, 10am-4:15pm \$62pp

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.** 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 be responsible for the payment within 2 days of reserving your spot.

****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.

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!



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.

2026 HOLIDAY SCHEDULE

<u>HOLIDAY</u>	DAY	OBSERVED
President's Day	Monday	February 16, 2026
Good Friday	Friday	April 3, 2026
Memorial Day	Monday	May 25, 2026
Independence Day	Friday	July 3, 2026
Labor Day	Monday	September 7, 2026
Columbus Day	Monday	October 12, 2026
Veterans Day	Wednesday	November 11, 2026
Thanksgiving	Thursday	November 26, 2026
	Friday	November 27, 2026
Holiday	Wednesday	December 23, 2026
Floating Holiday	Thursday	December 24, 2026
Christmas	Friday	December 25, 2026



TRANSPORTATION

FEBRUARY 2026/ \$5 PER TRIP

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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.

Feb 2 Post Mall (Boscov's) in Milford with lunch at The Outback Steakhouse

Feb 9 Aldi's & Hobby Lobby in Danbury with lunch at The Blue Colony Diner in Newtown

Feb 23 Walmart in Naugatuck with lunch at Imperial China Buffet in Watertown



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	By Request

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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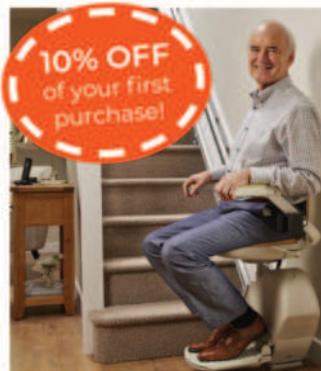
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HOW TO CONTACT US

STAFF LISTING

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acorcoran@southbury-ct.gov

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Kathy Anderson
Senior2@southbury-ct.gov

Administrative Assistant
Ann Stratton
Senior3@southbury-ct.gov

Transportation Coordinator
Brenda Dionne
Transport1@southbury-ct.gov

Place mailing label
here

February 2026



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

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

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