



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

Happy New Year! As we welcome another year, we wish you happiness & good health! May your heart be surrounded by the love of family, friends, and our community. In the year ahead, I hope you enjoy simple pleasures: a good conversation, a favorite hobby, or a walk in the sunshine. We look forward to another exciting year full of fun, educational and social programs! From all of us at the Southbury Senior Center, Happy 2026!

Warmest wishes

Andrea



Have you renewed your membership?

Reminder: Membership covers Jan 1st-Dec 31st.

****Please Note: Sign up day for January programs is Monday, January 5, 2026 at 8:10am.****



Jan. 9, 10:00am-11:30am

Join us for a fun 1 ½ hours of BINGO with **Melissa from The Cascades!**

She has graciously agreed to run BINGO for our members and will be calling the game and the shots! So put on your smiles and grab your good luck charms and sign up to play a few games and maybe win a prize!

Sign up on January 5, 2026 at 8:10 by phone only!

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.



Mini Facials With Laura
Jan. 12, 11am-2pm

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)



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.**

Monthly Dementia Caregivers
Support Group

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.**

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

Dear Friends,



Happy New Year! 2026! I hope you had a beautiful holiday season with your family and friends. We had a wonderful year at the center together and I know 2026 will be just as great with all of you and our new members too. We have a month of activities for you including a stretching class for stiffness, crafts, AARP Smart Driver Course, a fun trip to Eagle Viewing and so much more! Wishing you all a New Year full of happiness, laughter, good health and love.

Warm Regards,

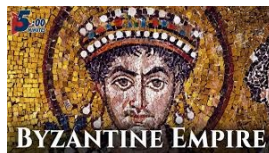
Kathy

Please see Page 9 of our newsletter for Class Cancellations & Program reservation instructions

Great Courses January 14 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 21 The Byzantine Empire by the end of the 5th century AD, the Western Roman Empire centered on Rome had fallen- or, at the very least, had been transformed into something that was no longer truly fully roman. On the other side of the Mediterranean, the Eastern Roman Empire, with its capital at Constantinople, would continue to flourish for another 1,000 years. Although they viewed themselves as simply "the Romans," later historians have labeled this empire the Byzantine Empire, after the original name of the old Greek colony, Byzantium, located at the site where Constantinople would later be built. Today, the same city is not Istanbul in Turkey.



Sometimes we have popcorn!

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



Page Turner's Jan. 14, 1:00pm-2:00pm

January's Book: A Guide to the Birds of East Africa, Nicholas Drayson

For the past three years, Mr. Malik has been secretly in love with Rose Mbikwa, a woman who leads the weekly bird walks sponsored by the East African Ornithological Society. Just as Malik is getting up the nerve to invite Rose to the Nairobi Hunt Club Ball (the premier social occasion of the Kenyan calendar), Harry Khan, a nemesis from his school days, arrives in town. Khan has also become enraptured with Rose and announces his intent to invite her to the Ball. Rather than force Rose to choose between the two men, a clever solution is proposed. Whoever can identify the most species of birds in one week's time gets the privilege of asking Ms. Mbikwa to the ball.

Rebecca Randall is the contact at the Southbury Library.

Stretching for Stiffness with Amber Hayes, PT, DPT, ITPT, CKPT Connect Physical Therapy January 15, 11:15 am



Don't let the cold weather slow you down! Come learn gentle stretching from Connect Physical Therapy to help reduce stiffness in the winter to stay mobile!

Sign up on January 5, 2026 at 8:10 by phone only!

GAME DAY IS BACK!

Game Day is back on Fridays from 9am —11am. Come in and play with fellow members. We have Scrabble, Rummikub, Chess, Wii Bowling and puzzles.

Low Cost Health & Wellness Clinic



January 16, 10am-1pm



Our second Vet Care Everywhere Health & Wellness Clinic! Pre-Registration is required.

Register by January 13th to reserve your spot.

Limited to 25.

- ♦ \$60 per pet for qualifying seniors and veterans
- ♦ \$100 per pet for all others
- ♦ Cash/Check Only

Included Services:

- ♦ Wellness check, rabies vaccines, basic deworming, heartworm testing for dogs
- ♦ Free Distemper combo vaccines! Courtesy of Petco Love!

Additional Services such as nail trims and non-core vaccines (Lyme, Lepto, Kennel Cough) available for added fee)

*Please note

All cats must be in carrier and all dogs must be leashed

No litters of puppies or kittens

Prior proof of rabies required for 3 year rabies certificate

Register Online at:
VetCareEverywhere.org
or Call 203-262-0651

See poster on page 5 for more information

Vitality Fitness with Karen Wednesdays, 11:45am



Improve your flexibility and strength with the "new" Pilates inspired gentle and calm stretching class designed to keep us healthy, fit and strong! We will concentrate on breathing while improving our bodies, minds and souls, incorporating gentle stretching and simple repetitious movements that will have you feeling stronger and more sculpted even after the first class! Improve your vitality and feel fit! Great for beginners!

A floor mat and water are required. Wear comfortable clothes.

Diabetes Wellness Group Jan. 22, 12:00pm

The Diabetes Wellness Group is a supportive community designed for individuals living with diabetes. Our mission is to provide a safe and welcoming environment where members can share experiences, gain valuable information, and support each other in managing their condition.

Paint and Sip with Monika Jan. 23, 10:00am

Join Monika from CT Nursing Services for a morning of creative expression! No experience necessary, **limited to 14 members.**

Sign up January 5, 2026 at 8:10am by phone only.



AARP Smart Driver Course January 26 9am - 1pm



Keep saving on your auto insurance with AARP's Smart Driving refresher course.



Don't let your discount expire! If you saved on auto insurance by taking the full-length Smart Driver course, the **Smart Driving refresher course could help you extend your discount.** Plus, you'll refresh your driving skills so you and your family can stay safe on the road. Register now.

Please arrive early to complete paperwork. Checks made payable to AARP.

\$20 for AARP members
\$25 for Non-AARP members

Creative Flair with Bethel Health Care January 26 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 January 5, 2026 at 8:10am by phone only. Limited to 12 members.

Coffee with the First Selectman January 27, 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 January 5, 2026 at 8:10am by phone only. Limited to 15 members.

Southbury Shells Jan. 28, 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 January 5, 2026 at 8:10am by phone only. Limited to 15 members.



PROGRAMS OFFERED



Stay Hydrated this Winter!

Did you know water makes up most of our body -about 70%? After age 60, that drops to around 50%, which means staying hydrated is extra important for us. We often think of dehydration as a summer problem, but it's just as common in winter and harder to spot. Cold weather hides the usual warning signs like sweating, so dehydration can sneak up on us.

Look out for these signs: **dry mouth, headaches, dizziness, dark urine, rapid heartbeat, heavy bags under the eyes, or fever.** Severe dehydration can lead to serious health issues, even heart problems.

The good news? Preventing it is easy! Drink **6-8 glasses of water every day** (room temperature is best). Enjoy soups, fruits, and veggies—they all help keep you hydrated. And remember: too much coffee, tea, or soda can actually make you lose fluids.

Let's take care of ourselves this winter—your body will thank you!

Join us for the Souper Bowl!

February 5th

\$6pp



Get ready for a deliciously fun event! Mark your calendars for **Thursday, February 5, 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!



HEALTH & WELLNESS CLINIC



**Jan
16th**

10AM - 1PM

Southbury Senior Center
561 Main St. S
Southbury CT 06488

Register by Jan 13th
to Reserve Your Spot
(Limited to 25)

(Cash/Check Only)

PRE-REGISTRATION REQUIRED

**\$60 per pet for qualifying
Seniors and Veterans**

\$100 per pet for all others

Register Online at:
VetCareEverywhere.org

Or Call: 203-262-0651

INCLUDED SERVICES:

- + Wellness check
- + Rabies vaccines
- + Basic deworming
- + Heartworm testing (dogs only)
- Free + Distemper combo vaccines

courtesy of



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* Additional services such as nail trims and non-core vaccines (Lyme, Lepto, Kennel Cough) available for added fee



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Southbury Senior Center
Where Your Adventure Continues





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ATTENTION -

- All cats must be in carrier and all dogs must be leashed
- No litters of puppies or kittens
- Prior proof of rabies required for 3 year rabies certificate



MISSSED THE DECEMBER 7 DEADLINE?

YOU MAY STILL HAVE A CHANCE TO MAKE MEDICARE CHANGES!

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.

1	MEDICARE ADVANTAGE OPEN ENROLLMENT PERIOD (MA-OEP) If you're already enrolled in a Medicare Advantage plan, you can make one change: <ul style="list-style-type: none"> • 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.
2	MSP/LIS (EXTRA HELP) BENEFICIARIES If you have the Medicare Savings Program (MSP) or Extra Help/LIS, you may: <ul style="list-style-type: none"> • 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
3	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

Other Special Enrollment Periods May Apply
 Life changes such as moving, losing other coverage, or major plan errors may qualify you for additional SEPs.

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

SHIP State Health Insurance Assistance Program





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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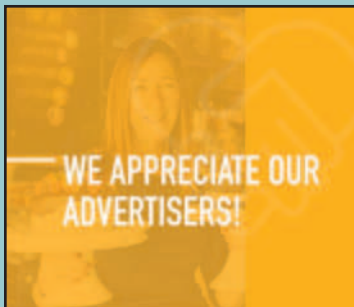
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Sprains/Strains • Neck/Back Pain

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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—NEW! 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 3:30-4:30	Yoga Weight Strengthen/Tone Let's Take a Walk! Interested parties should meet at the Center to walk. Blood Pressure Screening - Returning in January Mahjong Table Tennis Muscle Tone
FRIDAY	9:00-11:00	Game Day! (Scrabble, Rummy, Chess, Wii Bowling & Puzzles)



Closings, class changes ONLY are listed below**Special Programs—Call for Reservations as noted in the program descriptions****Class cancellations:*****None Canceled***

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

Day/Date	Meal
	(Last Day for Reservation by 11:00am the working day before)
Thursday, January 1st	CLOSED—No Lunch
Tuesday, January 6th	Meatloaf, Mashed Potatoes & Veggies
Thursday, January 8th	1/2 Roast Beef Sandwich and Soup
Tuesday, January 13th	Beef Stroganoff with Green Beans
Thursday, January 15th	1/2 Chicken Salad Sandwich and Soup
Tuesday, January 20th	No Lunch
Thursday, January 22nd	1/2 Tuna Sandwich and Soup—Cupcake Day
Tuesday, January 27th	Stuffed Peppers With Italian Bread-Free Lunch Day for the 1st 30 members
Thursday, January 29	1/2 Turkey 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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and the place.*



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Shepaug Eagle Viewing**Lunch on your own at Sitting Duck Tavern in Oxford****January 21 10:45-3:15**

The Shepaug Dam, on the Housatonic River in Southbury, holds a special appeal to wintering birds because the hydroelectric station's operation prevents water from freezing, making it easy to feed on fish below the dam. The Shepaug Eagle Observation Area has hosted nearly 167,000 visitors to observe the eagles and view exhibits since it opened in 1985.

Then it's lunch on your own at the Sitting Duck Tavern in Oxford. Prices range from \$14 to \$25

Sign up on January 5, 2026 at 8:10 by phone only!

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.

The Tax-Aide site at the Southbury Senior Center is seeking a volunteer for the role of site administrator/site leader. This volunteer will ensure program operations run smoothly, manage volunteers, and maintain quality control. Tax expertise is not required. Please contact Andrea in the office for more information.

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.

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!



2026 HOLIDAY SCHEDULE

<u>HOLIDAY</u>	<u>DAY</u>	<u>OBSERVED</u>
New Year's Day	Thursday	January 1, 2026
M. L. King Birthday	Monday	January 19, 2026
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 Friday	November 26, 2026 November 27, 2026
Floating Holiday	Thursday	December 24, 2026
Christmas	Friday	December 25, 2026

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.

January - 5 Walmart in Naugatuck with lunch at Imperial China Buffet in Watertown
 January - 12 Post Mall (Boscov's) in Milford with lunch at The Outback Steak House
 January - 26 West Farms Mall and Trader Joe's with lunch at The Olive Garden



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
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CALL BY 10:00AM ON:

THURSDAY	FRIDAY	MONDAY	TUESDAY	WEDNESDAY
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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

Transportation Coordinator

Brenda Dionne
Transport1@southbury-ct.gov

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here



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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