



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-5:00pm
Wednesday 8am-6pm
Friday 8am-1pm

The Southbury Farmers' Market (located next to Town Hall) will run on Thursdays from 3:00pm – 6:00pm from now through November 19th. The Southbury Farmers' Market is producer only, meaning the farmer or specialty food maker behind the table is the person who grew or made the product! The market offers a great mix of plants, veggies, fruit, honey, jam, maple syrup, olive oil, baked goods, and more!

More information regarding the Senior Farmers' Market Nutrition Program available on page 6.

Eligible participants can call and make an appointment to have SFMNP card activated. If you participated last year and still have your card, please bring it to your appointment.

Andrea

Program Signup Procedure

Please Note: Sign up day for programs is first business day of the month (unless stated differently) at 8:10am by PHONE ONLY.

A Heartfelt Thank You to our Memorial Day Picnic

Sponsors!

- Encompass Health, Danbury for all of our paper goods!
- Bethel Health Care for all of the hot dog and hamburger buns!
- The Lutheran Home of Southbury for all of the hot dogs, hamburgers, cheese and drinks!
- Dennis Bloom for the delicious deviled eggs!
- Anna Wiedemann, Dan Wiedemann, and Betsy Westerfield for volunteering !

A Special Thank You

We would like to extend our sincere thanks to Madiline Souza and Carla Marie Sauza, Registered Dietitians from Waterbury Hospital, for their generosity, dedication, and expertise shared with our Diabetes Wellness Group over the past year and a half.

We are also grateful for the ongoing support of Mary Jo Brennan, Director of Care Continuum, and Dr. Ziganshina. Your collective time, effort, and knowledge have made a meaningful and lasting impact on the lives of the seniors who participated in these sessions.

Our final session will be held on July 30th at 12:00 pm. Thank you again for making such a difference in our community.

Mini Facials With Laura 2nd Monday, 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)

NEW!!! Intro to Chess with Clay!

July 7 1:30 - 2:30

1st Monday of every month 1:30 - 2:30

Are you interested in a fun game that challenges the mind? Have you ever considered playing chess but were never taught how to play? Play with Clay from Comfort Keepers of Bethel! He will be hosting an introduction to playing chess. Come join us for learning, games, strategy, and laughs!

Call to sign up today! Limited to 6.

Dear Friends,

Happy 4th of July! We have a fun month planned with our second annual Pig Roast, another animal wellness clinic, a fun summer trip to Elizabeth Park Rose Garden and more! Even when it's hot outside, the senior center is the cool place to be! Come make some new friends, try one of our delicious new lunches and try some new adventures! We welcome you and hope you'll join us.

Warm Regards,

Kathy



Great Courses: The American Civil War

July 8, 10:00 am

Great Courses: The American Civil War

Between 1861 and 1865, the clash of the greatest armies the Western hemisphere had ever seen turned small towns, little-known streams, and obscure meadows in the American countryside into names we will always remember. In those great battles, those streams ran red with blood—and the United States was truly born. If you've ever wanted to understand the Civil War, this series of 48 startlingly evocative lectures by a leading Civil War Historian gives a richly detailed examination of how this great conflict affected every person in America. You'll gain not only a deep knowledge of what happened, but new insights into why. You'll learn how both sides' armies were recruited, equipped and trained and about the hard lot of those they took prisoner. You'll hear how soldiers on each of those sides dealt with the rigors of camp life, campaigns, and the terror of combat. And you'll understand how slaves and their falling masters responded to the advancing war, as well as the desperate price paid by the families so many left behind. Though this series of lectures goes far beyond a simple examination of battles and generals, it also offers detailed analyses of the strategic and tactical dimensions of the Civil War's most important campaigns. At the same time, it never forgets that the conflict involved far more than pins on a map—and indeed claimed a greater cost in human lives than all other American wars combined.

“It is impossible to understand the broader sweep of the United States history, without coming to terms with the civil War, its antecedents, and its seismic consequences.”

Dr. Gary W. Gallagher is the John L. Nau III Professor in the History of the American Civil War at the University of Virginia. He graduated from Adams State College of Colorado and earned his M.A. and Ph.D. in History from The University of Texas at Austin. Prior to teaching at UVA, he was Professor of History at the Pennsylvania State University. Professor Gallagher is one of the leading historians of the Civil War.

This month we will continue the series with Lecture 4: The Crisis at Fort Sumter

Between December 1860 and April 1861, James Buchanan and Abraham Lincoln, in turn, had to try to deal with the greatest crisis that the United States had ever faced, a crisis utterly unprecedented in American history. That crisis came to center on Fort Sumter in Charleston Harbor, which assumed enormous psychological importance to people in both the North and the South.

Followed by Lecture 5 The Opposing Sides.

Now we'll turn our attention to a consideration of the strengths and weaknesses of each side as military action approached in the spring and early summer of 1861. In this lecture, we'll examine areas in which one side or the other seemed to have a clear advantage.

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 SENIOR ADVOCATE 1:00 pm

Ask the realtor 2:15pm

\$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



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

This program is not a grab and go lunch. Food is to be eaten in the building.

Please remember to thank our Awesome Volunteers who serve lunch weekly

Day/Date	Meal
Thursday, July 2nd	Barbeque Chicken w/Cole Slaw
Tuesday, July 7th	Chicken Stirfry, Rice & Veggies
Thursday, July 9th	Beef Stroganoff w/Beans
Tuesday, July 14th	Chicken Piccata with Rice
Thursday, July 16th	Chicken Caesar Salad
Tuesday, July 21st	Tuna Sandwich w/Chips
Thursday, July 23rd	Chicken Salad w/Chips
Tuesday, July 28th	Meatloaf w/Mashed Potatoes
Thursday, July 30th	Sausage, Peppers & Onions on a Hard Roll w/Chips - Cupcake Day!



Thank you Lutheran Home for the delicious cupcakes!

(THURSDAY, JULY 30TH, FREE LUNCH FOR THE 1ST 30 MEMBERS & CUPCAKE DAY!)

Page Turners

July 8, 1:00pm-2:00pm

Orange is the New Black by Piper Kerman.

(from the internet) "Piper Kerman was 24 and a new graduate of Smith College when she smuggled a suitcase of drug money across international borders. A decade later that day came back to haunt her, tearing her from a privileged life and landing her in Connecticut (federal) prison." This memoir focuses on what led to her incarceration and the 13 months sentence she served.

Books are available at the front desk in the Southbury Library. All are welcome to attend.

Stretching for Seniors

July 9, 11:30

Come join us! Every second Thursday of the month at 11:30 am, please join a Doctor of Physical Therapy from Connect Physical Therapy for a guided full body stretching session. These will be seated in a chair. A floor mat can be used if capable, and modifications can be made if needed. Come gently move to start feeling better today.

Amber Hayes, PT, DPT, ITPT, CKTP
Physical Therapist, Co-owner

Sign up begins the first business day of the month at 8:10 am



July 16, 10-11:30 am

Breakfast and Kittens too! \$10 cash

All proceeds will go to Whiskers!

Enjoy a delicious breakfast while enjoying the playful company of live frisky adoptable kittens! Ann Anderson from Whiskers Pet Rescue will be presenting: It's All About the Cats!

During this fun, interactive presentation you will learn

- What exactly is Whiskers Pet Rescue? Hear the story of Whiskers' beginning and how far we've come in 11 years.
- What happens behind the scenes? Sure, the kitties are cute and fun, but there's so much more that goes on at the shelter!
- What are some of our favorite stories? All cats are special, but there are a few stories we truly adore.
- What can YOU do to help our furry friends? If you would like to be a bit more involved, we have some thoughts!

Limited to 12 participants. Sign up the first business day of the month beginning at 8:10 am

Town Clerk Fraud Alert Service:

Fraud Alert allows property owners to sign up and receive email alerts whenever a document, such as a deed or mortgage, is recorded under their name in the Southbury Town Clerk's office.

Visit: <https://www.southbury-ct.org/fraud-alert-service> or call the Town Clerk's office at 203-262-0657 for more information.

Bereavement Support Group Facilitated by Mary Silverman

Once a Month—1pm

3rd Wednesday of the Month

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

Paint Party with Monika!

July 20, 10 am-11:30 am

Join Monika from CT Nursing Services for a morning of creative expression. You will enjoy a guided painting session. No experience necessary! Registration required.

Limited to 14

Sign up on the first business day of the month at 8:10am by phone only!

Parkinson's Disease Series

July 23, 1:00 pm

The Southbury Senior Center is pleased to introduce a new monthly educational series exploring the vital roles that **Speech Therapy, Occupational Therapy, and Physical Therapy** play in supporting individuals living with Parkinson's disease. Each session will focus on one discipline, helping participants better understand how these therapies work together to improve communication, mobility, daily function, and overall quality of life. In this month's session, we explore how **Speech Therapy (ST)** supports individuals living with Parkinson's disease by helping them maintain independence, confidence, and safety in everyday life. Starting speech therapy early helps build strong motor patterns and leads to better, sustainable outcomes in Parkinson's disease. Speech therapy empowers patients and families, focusing on abilities and maintaining dignity and connection. This program will be welcoming and informative for Parkinson's patients, but also for any member who want to learn strategies for staying active and independent.

Presented by: Stefania Guglielmo M.S., CCC-SLP
Speech-Language Pathologist
Nuvance Health

Sign up begins on the first business day of the month.

Creative Flair with Bethel Health Care July 27 11:00 am

Create this festive patriotic flag decoration. No experience necessary!



Limited to 12

Please call to sign up starting the first business day of the month at 8:10 am

July 30 12:00 Last Diabetes Wellness Group

Join Madiline Souza and Carla Marie Sauza for the final session of the Diabetes Wellness Group. Please remember to thank them for their support.

We hope you join us for this final session.

Southbury Shells

July 29, 10 am-11:30 am

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!

Limited to 15

Sign up on the first business day of the month at 8:10am by phone only!

**Annual Memorial Day Picnic under the tent.
A great time had by all!!
We hope you join us next year!**



New! Water Aerobics Every Friday in July and August - \$5 PER CLASS

11:00 am -12:00 pm

Come join our water aerobics class for a fun, low-impact workout at the shallow end of the Southbury Town Pool. We'll use noodles and aqua dumbbells to keep the body moving from head to toe- all at your own pace. All equipment is provided but you are welcome to bring your own if you prefer. This class is all about movement, feeling good, and having fun while listening to music. It's great for improving energy, flexibility, core strength, and overall fitness.

Water shoes and a hat are highly recommended. Bring a water bottle too!

We have 6 spots reserved for seniors at this discounted price!

If you belong to the town pool there is no charge but you must register.

You must register by Thursday prior to attend.

Sign up today!



Senior Farmers' Market Nutrition Program

Senior Participant Handout

Key Dates

Apply for the Program	May 1 - September 30	Visit a distribution site to apply.
Program Start	June 1, 2026	Benefits active for redemption.
Program End	Nov. 30, 2026	Unused balance removed.

Eligibility

- 60 years or older OR under 60 and live in senior housing with a meal service.
- Your household income is at or below 185% of the federal poverty level.
- Complete the online application before receiving a card.

Household Size	Annual Income
1	\$29,526
2	\$40,034

Rights & Responsibilities

- You have the right to fair and equal treatment
- You cannot receive benefits from more than one location
- You may send a proxy if you cannot shop for yourself
- You may appeal if you are denied benefits
- How to file a complaint: www.usda.gov/non-discrimination-statement

How to Use Your Card

- Use your card at authorized farmers' markets, farm stands, or mobile markets.
- Benefits are loaded once per season. No change or cash refunds.
- Spend your benefits between June 1 and November 30, 2026.
- Keep your card for next year — it can be reused!
- Check your balance by calling 214-256-3083

What You Can Buy

- Fresh Connecticut-grown fruits and vegetables
- Fresh-cut herbs (not plants)
- Honey
- Eggs

How to Shop

Download App
Android

Farmers' Markets

Download App
iPhone

USDA is an equal opportunity provider, employer, and lender.

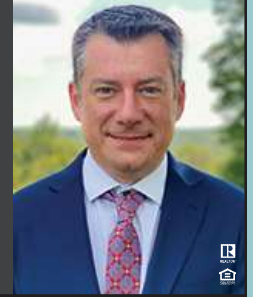
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 450 Columbus Blvd, Hartford, CT

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Southbury Senior Center, Southbury

04-0713

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 (2nd in the Month) - Check Newsletter for date Beginner Tap Dancing
Tuesday	8:45-9:45 10:00-11:00 10:00-11:00 11:15-12:15 11:30-12:30 1:00-2:00 1:30-4:30 2:15-3:15	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 Ask the Senior Advocate (15-minute appointments, 2nd Tuesday of the month) Table Tennis Ask the Realtor (15-minute appointments, 2nd Tuesday of the month)
Wednesday	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 1:00-2:00 1:00-2:30 1:00-2:00 3:15-4:15	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) Bereavement Support Group (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 3:00-4:00	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 Vitality Fitness with Karen
Friday	9:00-11:00 9:30-10:30	Game Day! (Scrabble, Rummy, Chess, Wii Bowling & Puzzles) Muscle Tone

Closings, class changes ONLY are listed below

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

****No more Dementia Caregiver Support Group****

Closed July 3rd

No Muscle Tone 7/17

No Tap 7/20

No Fit & Flex 7/21

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 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 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.

NOTICE

We are fortunate to have dedicated volunteers who generously give their time and even purchase supplies to care for our plants and enhance our shared spaces.

Recently, some of these purchased supplies have gone missing (pots, plant liners, etc.). We want to remind everyone that items that are not clearly labeled as 'Free' are not to be taken for personal use.

Please respect the time, effort, and generosity of our volunteers by leaving all supplies in place unless you have been given permission to use them.

We appreciate everyone's cooperation in maintaining a respectful and supportive environment.

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.

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.

Honky Tonk BBQ Bash!

Get ready for a sizzling good time at our Honky Tonk BBQ Bash! This event promises to be a feast for the senses with a mouth-watering pig roast, hot dogs, and all the classic BBQ sides you love.

The highlight of the evening will be a phenomenal performance by the three-piece band Honky-Tonk Jones, bringing their lively tunes to keep everyone dancing and toe-tapping. The event will be held outdoors under the tent at the Senior Center, and it will be a fun and festive event!

Details:

Date: July 22nd

Time: 4:30 – 6:30 pm

Location: Senior Center under the Tent

What's included:

Pig Roast

Hot Dogs

All the sides

Live Music by Honky Tonk Jones!

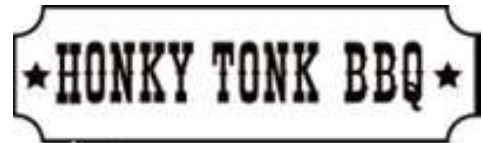
Registration Information:

Member Price \$15

Non- Members Price \$45

Limited to 75 participants

Members are given priority until July 10th



Join us for an unforgettable evening filled with great food, fantastic music, and lots of fun! Don't miss out on this incredible SECOND annual BBQ bash!

Seating will begin at 4:15. No Early Birds please.

Sign up began June 1 with payment due at sign up.





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Southbury Senior Center, Southbury

04-0713



**Roses and Lunch on your own at Elizabeth Park
Ice Cream at A.C. Petersen Farms
July 14 10:00 am – 3:00 pm \$5**

Join us for a delightful summer day exploring the breathtaking Rose Garden at Elizabeth Park in West Hartford. Stroll among the thousands of beautiful roses in full bloom, enjoy the fragrance and colors of one of the country's oldest and most celebrated public rose gardens, and relax amidst the park's scenic beauty. After your visit, you'll enjoy a delicious lunch at the charming Pond House Café overlooking the gardens. Before heading home, make a sweet stop at A.C. Petersen Farms, a classic New England Ice Cream parlor, where you can treat yourself to your favorite ice cream flavor.

This leisurely summer outing offers beautiful gardens, great food, wonderful company and a nostalgic ice cream stop-everything needed for a perfect July day! ***Sign up on the first business day of the month at 8:10am by phone only!***



**July 28 8:15 – 5:00 pm Mystic Aquarium
Lunch on your own at Dog Watch Café \$39 pp**



There's always something new to explore at Mystic Aquarium! Four incredible new and updated experiences at Mystic bring the wonders of the ocean to life. Pathways to the Deep connects ocean science, technology, and careers to show how a deeper understanding of the ocean leads to real-world solutions-sparking curiosity, informed decision making, and stewardship of marine ecosystems. In Jellies: The Ocean in Motion, glowing jellies drift through beautifully redesigned habitats and vibrant displays. The whole visit is more than just fun. It's educational and contributes to animal care and conservation too. Plus, it kind of feels like you went away on vacation right here in Connecticut! Explore the Aquarium for 3 hours and then off to lunch on your own at the Dog Watch Café, a relaxed restaurant offering BBQ fare, sandwiches & seafood along with outdoor seating & lawn games! ***Sign up on the first business day of the month at 8:10am 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.

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
Holiday	Wednesday	December 23, 2026
Floating Holiday	Thursday	December 24, 2026
Christmas	Friday	December 25, 2026



Our bus will be taking interested riders to the farmers market on Thursday July 9th and on Thursday July 23rd. Call our Transportation Department to make your reservation.

Our Manic Monday Shopping Trips will be taking a short summer break during July and August. While we know this weekly outing has become a favorite for many, this pause will allow our team to regroup and prepare for an even better experience moving forward.

Manic Mondays will return in September with the same fun, convenience, and great company you've come to enjoy!

In the meantime, we encourage you to take advantage of our other programs and transportation services throughout the summer. We look forward to seeing you and shopping together again this fall!

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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Southbury Senior Center, Southbury

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Senior Services Staff

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Senior Center Coordinator
Kathy Anderson
Senior2@southbury-ct.gov

Administrative Assistant
Ann Stratton
Senior3@southbury-ct.gov

Part Time Counter Clerk
Kathie Kovatch
kkovatch@southbury-ct.gov

Part Time Transportation Coordinator
Brenda Dionne
Transport1@southbury-ct.gov

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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 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.