



Welcome to the Southbury Senior Center!



CONTACT US:



561 Main Street South
Southbury, CT 06488



www.southbury-ct.org/seniors



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



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

GREETINGS!

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!

Warm Wishes,

Andrea



Manicures

March 3, 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!

The Loop Troop Crochet Group!

The 1st, 3rd, & 4th Thursday; 10am -11:30am

This is your opportunity to learn a new skill. We work on a common pattern and learn new stitches each month. If you are a beginner or just want to “re-start” the art of crochet, this might be the group for you. No failing grades in this class! **Sign up today!**



Toe Tapping Fun!

**Beginner Tap Class Mondays
Beginning March 3rd 12pm– 1:00pm**

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

Swedish Massage

Tuesday and Wednesday

9:00am – 12 :00pm

Enjoy a therapeutic massage with licensed massage therapist, Jakob!

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. **Sign up today!**

Eliminate your Vertigo!

March 10, 10:30 -11:30 am

Don't let dizziness get you down! Connect Physical Therapy will present on how to diagnose, treat, and **eliminate** your dizziness! **Sign up today!**



Craft with Candace - March 11, 10:00am

Did you know that each leaf of a four-leaf clover has a meaning? The first leaf symbolizes fame, the second is for wealth, the third is love, and the fourth brings health! As we make our way into spring let's bring all that good with us! Come and join Candace Thompson RN from Candlewood Valley Health and Rehabilitation Center to decorate wooden four-leaf clovers!

Call to register today!

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

MARCH 2025 - GREETINGS AND PROGRAMS OFFERED

Page 2

Spring Ahead!



Hello Friends!

Spring arrives this month and hopefully with it the warmer weather! Daylight Saving time in CT will start at 2:00 am on Sunday, March 9th, giving us longer days. Remember to turn your clocks ahead one hour!

We have some great programming in store for you this month. A trip to the Aqua Turf St. Patrick's Celebration, and a Breath of Spring with Keir White on the 20th to welcome spring with his beautiful music. We have some fun crafting that's sure to put a spring in your step and if that doesn't do it for you, think of this- the sun won't set until 7:15 pm on the 31st!

Warmest Regards

Kathy



Page Turner's March 12, 1-2

March's book: Alamos by TaraSeha Nesbit

"Their average age was 25. They came from Berkeley, Cambridge, Paris, London, Chicago and arrived in New Mexico ready for an adventure or at least resigned to it. But hope quickly turned to hardship as they were forced to adapt to (unfinished housing) at a rugged military town where everything was a secret including what their husbands were doing. This historical novel sheds light onto the remarkable group of women who carved out a life for themselves in spite of the chaos of war and the shroud of secrecy."

Page Turners always welcomes new members. Books are obtainable from the new location for the Southbury Library at the Heritage Hotel.

Great Courses March 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 11: Final Words: Burial and Tombstone Epitaphs

Romans had enormous reverence for their ancestors, who were the focal point of family rituals, so death and burial were subjects of great concern to the Romans. However, as with many other aspects of existence in the ancient world, when Romans died, the fate of their bodies was dependent on their economic status. The very poorest Romans sometimes received no burial and were simply tossed into open pits just outside the city walls called puticuli, which held a mixture of human and animal corpses, garbage, and excrement. Anyone who could afford to joined a burial club. The usual entry fee was about 100 sesterces, and there were monthly dues. If a member of the club died, the others would pay for the funeral expenses.



We hope you'll join us.

Sometimes we have popcorn

Flower Arranging Jennifer from the Lutheran Home March 12, 11am-12pm



Enjoy creating a beautiful St. Patrick's Day themed 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**

Now Twice a Month! Mini Facials With Laura

March 17 & 24, 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!

Healthy Chats

March 13, 10am-12pm

March is nutrition and sleep awareness month. Join HVHD public health nurses to discuss sleep and diet habits to improve your overall health.



Grief, Trauma Support Group Facilitated by Mary Silverman Twice Monthly

1st and 3rd Mondays 11:00 - 12:00pm

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

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.

March 4th: Exploring The Southwest: - The Coronado Expedition of 1540



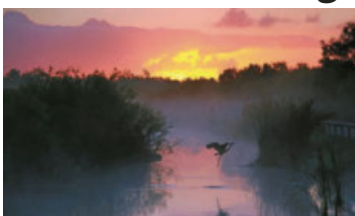
Join us at the Coronado National Monument in Arizona, as we discuss The Coronado Expedition of 1540-1542, which was the first major Spanish exploration of the American Southwest. It begins with a look at the life and times of Francisco Vasquez de Coronado, the leader of the expedition. We then cover the logistics and route they took and end with a look at the effects of the Colombian Exchange on our lives today.

March 11th: Black Homesteaders in Nebraska: Audacious Dreams

The Homestead Act of 1862 provided African Americans with the prospect of land and home ownership, an attractive alternative to racial violence and social disenfranchisement in the post-Reconstruction South. In Nebraska, independent Black homesteaders built successful farms from eastern tallgrass prairies to the arid Sandhills in the west. Black homesteaders also created intentional communities like Audacious. There, homesteaders built a post office, a church, school and formed an unbeatable baseball team. While Audacious succumbed to plummeting crop prices and prolonged droughts, its residents' hard work and determination remain an inspiration today. In this lesson, a park ranger will discuss with students how Nebraska's geography and history shaped and was shaped by the experiences of Black homesteaders.



March 18th : Everglades National Park



Join us for another fun trip to the Everglades! Located at the confluence of temperate North America and the tropical Caribbean, Everglades National Park is home to representative flora from both climates. The optimal growing conditions that are prevalent throughout south Florida foster a lush growth of plant life that sustains a diverse complex of flora. The Everglades host a number of endemic and legally protected species. Although nine distinct ecosystems have been identified within Everglades National Park, their boundaries overlap within the dynamic landscape,

which is subject to the elements of south Florida. Join us as we learn about out the plants, animals, adaptations and life cycles of these beautiful lands.

March 25th: Monuments Men: National Museum of the United States Army

During World War II, a team of historians, museum professionals, scholars, architects, and archivists came together to protect European cultural sites from war damage. Known as the Monuments, Fine Arts, and Archives section, the team spread out throughout Europe and the Pacific to ensure that sites of cultural significance would be preserved and protected for future generations. This work earned them the nickname the Monuments Men.

Learn more about the commitment, accomplishments, and sacrifices of the Monuments Men. Understand how their determination and dedication to duty protected and secured European and Japanese cultural history and heritage during World War II.



MARCH 2025 PROGRAMS OFFERED

Page 4

Healthy Brain Series

March 19, April 23, May 21, June 18, July 16
10:00 – 11:00 am

****Participants are encouraged to attend all five sessions****

Join us for a 5-week Series to learn more about:

- ◆ Session 1: Activities to ‘challenge’ your mind
- ◆ Session 2: Importance of diet and nutrition
- ◆ Session 3: Finding meaningful engagement as you age
- ◆ Session 4: Importance of sleep and your brain
- ◆ Session 5: Lessons for living longer from people who lived the longest
- ◆ Plus, Q&A with the expert



Presented by Julianne Ramia, Dementia Specialist
Room limit is 20 members. Please call today to reserve your spots.

A Breath of Spring! March 20 11:45am – 1:45pm \$10 per member

A special afternoon to welcome spring! Enjoy a delicious lunch of Nardelli's cavatelli with chicken and broccoli, carrot cake, punch and coffee.

Featuring the musical talent of Kier White!

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!) ***(Daffodils and Tulips sponsored by Jennifer from The Lutheran Home)***

Limited to 42 Sign up begins the first business day of the month at 8:10 am



Creative Flair with Bethel Health Care March 24, 11am

Join Danielle Ramos from Bethel Health Care to paint & adorn a Shamrock Sharpie Mug 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.



Monthly Dementia Caregivers Support Group 2nd 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.

AARP Driver Course

March 24 9:00 – 1:00 am

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

Hearing Screenings March 25 10-12pm 15 min appointment



Join Anne Catapano, a licensed Hearing Instrument Specialist from HearingLife in Southbury for a hearing screening, a clean and check of your existing hearing devices or to ask any questions you may have regarding your hearing.

Please register for this event by March 21.

Anne looks forward to meeting you!

Southbury Shells March 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.

Cooking with Kathy & Ann Easy & Delicious Spring Pilaf Salad March 31, 1pm



Just in time for spring! Have fun making and eating this delicious Mediterranean style salad that can be enjoyed as a main dish by adding your favorite protein- grilled shrimp, chicken or steak, or as a perfect side just as it is. It can be served warm and also eaten cold if you prefer.

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



\$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



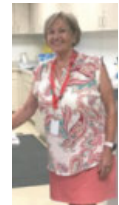
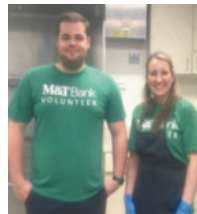
LUNCH IS NON-REFUNDABLE AND NON-TRANSFERRABLE

Day/Date	Meal (Last Day for Reservation by 11:00am the working day before)
Tuesday, Mar. 4th	Chicken Stir Fry with Veggies
Thursday Mar. 6th	1/2 Rueben Sandwich & Soup
Tuesday Mar. 11th	Shepherd's Pie with Salad
Thursday Mar. 13th	1/2 Tuna Sandwich & Soup
Tuesday Mar. 18th	Pasta with Meat Sauce & Garlic Bread
Thursday Mar. 20th	No Lunch - "A Breath of spring! Program will be taking place—see page 4 for details
Tuesday, Mar. 25th	Barbeque Chicken with Cole Slaw
Thursday, Mar. 27th	Grilled Cheese Sandwich & Tomato Soup - cooked with love by the staff *Birthday Cupcake Day*



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.

MARCH 2025 - SENIOR CENTER NEWS, PROGRAMS

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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!

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, March 5th – April 2nd

VITA (Volunteer Income Tax Assistance) will be here on Mondays, March 3rd – April 7th.

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

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.

Just a reminder...We have a few seats left for the Aqua Turf trip:

Aqua Turf 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!

♥ **A Big Heartfelt Thank you to Candace S. Thompson, RN, BSN from Candlewood Valley Rehab for donating all the delicious cornbread and to Kate Kirdzik, Admissions and Marketing Director for Stone Bridge Center for Health and Rehab in Newtown for all the delicious cookies for our Souper Bowl event last month! We had so much fun and would like to thank our sponsors for their generosity. ♥**



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Margie Chupron, REALTOR



Diane Epps, REALTOR



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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.

MONDAY	9:00-4:00 9:30-10:30 10:45-11:45 11:00-1:00 11:00-12:00 12:00-1:00	Certified Choices Counselor (60 min. appointments) - (3rd Monday of each month) Aerobics Class A Zumba Mini Facials (Second Monday in the Month) - Check Newsletter for date Grief, Trauma Support Group (1st & 3rd Monday of the month) Beginner Tap Dancing
TUESDAY	9:00-12:00 8:45-9:45 10:00-11:00 10:00-11:00 10:30-11:30 11:30-12:30 1:00-2:00 1:30-4:00 2:00-3:00 2:15-3:15	Massage - Appointments Tues & Wed Fit & Flex A Class Fit & Flex B Class Ask the Attorney (15-minute one-time appointments, 2nd Tuesday of the month) Pilates Chair Yoga Ask the Financial Advisor (15-minute one-time appts , 2nd Tuesday of the month) Table Tennis Senior Learning Network Ask the Realtor (15-minute appointments, 2nd Tuesday of the month)
WEDNESDAY	9:00-12:00 9:30-10:30 10:00-11:00 10:00-11:00 10:30-11:30 10:30-11:30 10:30-12:00 11:00-12:00 1:00-2:30 1:00-2:00	Massage - Appointments Tues & Wed Aerobics B Garden Club (Seasonal) Great Courses - (2nd Wednesday of the month) Southbury Shells (check newsletter for date) Tango Lessons Hair Dresser-Lucy (2nd Wed. of the month, CASH Only \$10/men, \$15/women) Monthly Dementia Caregivers Support Group (2nd Wednesday of the month) Hooks and Needles Page Turners (2nd Wed)
THURSDAY	8:45-9:45 10:00-11:00 10:30 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! - Will resume in the Spring Blood Pressure Screening - (2nd Thursday of the month) Mahjong Bingo Table Tennis
FRIDAY	9:30-10:30 10:40-11:40 11:45-12:45	Muscle Tone Line Dancing Tai Chi

MARCH 2025 PROGRAM CHANGES/CLOSINGS

Closings, class changes ONLY are listed below

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

Class cancellations:

March 14th & 28th - No Line Dancing - canceled by instructor

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

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

No front counter reservations will be accepted until 1pm.

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.**

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

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



Shepaug Dam Eagle Viewing

March 5, 9 am – 1:30 pm \$5 Includes Transportation

Lunch at The White Horse Country Pub and Restaurant in New Preston

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.



The White Horse is consistently rated as one of the top restaurants in Connecticut. Traditional American fare. Enjoy lunch on your own. Lunch prices range from \$15 - \$35.

Limited to 8 members Call today!

Pins, Putts & Pizza: A Morning of Fun at Lessard Lanes!

March 26, \$20 includes Transportation, Bowling, Golf and Pizza!

Spend a lively morning at Lessard Lanes in Plainville, where the fun kicks off with two exciting games of bowling—cheers and laughter filling the air with every strike and spare. After testing your skills on the lanes, head over to the mini-golf course for a round of friendly competition, navigating colorful obstacles and tricky putts. Once the games are done, unwind with two delicious slices of pizza and a refreshing soft drink, the perfect way to refuel after a morning of friendly rivalry and nonstop fun.



Limited to 12 Call today!

North County Band! Calling All Line Dancers!

April 8, 10:15 – 4:15 AquaTurf \$60 Includes Ticket and Transportation

Nominated for 2023 New England Music Awards “Country Act of the Year”, North Country Band brings their act to Aqua Turf after being featured on News 12 CT, and WNHU Radio’s “The Nashville Sound”.

Line Dancing instructions will be provided! No experience necessary!

Chicken Kathryn/ Baked Ham will be served.

Limited to 12 members. Call today!



INSTRUCTIONS WHEN TRIPS ARE OFFERED

You may reserve 2 spots for a trip and the 2nd person must also be a member. **If you need to be picked up at home, you must tell us when you make the reservation. You will not be asked if you need a pickup at home and any requests to change that status after you have paid will not be made. Request for a pick up at home IS NOT MADE THROUGH OUR TRANSPORTATION DEPARTMENT.** Once you have called to request your reservation for the trip and are placed into the system, your ticket will be purchased (if applicable). You will receive a confirmation call and you will be responsible for the payment within 2 days of notification.

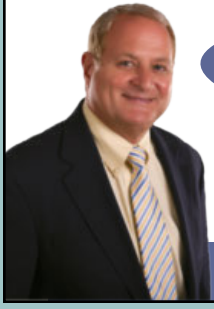
The “Transportation Request Form” is not applicable for Senior Center Trips. This form is only for daily transportation. You MUST request home pick up at the time of making your reservation. You will not be asked when you make your reservation.

Trips Available for Members Only - Do not call Transportation to register for the trip.

****Senior Center Refund Policy - Refund Policy has been amended - Please Read****

If you have paid for a program or a trip, and must cancel, we can only issue a refund if we are able to fill your seat from the wait list. Please do not offer your ticket to a friend or family member without checking with the Senior Center first. If the trip or program is canceled by the Senior Center (inclement weather, etc.) you will automatically receive a full refund. Refunds, when given, will only be by check and may take up to three weeks to be processed.





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2025 OBSERVED HOLIDAYS

2025 HOLIDAY SCHEDULE

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

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

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

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

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

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

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

Transportation Request Form

To better serve our Riders – we’ve developed a new procedure to help with the appointment process! Below you will find a form to fill out each month with your appointment information (i.e. medical appointments, programs at the senior center, grocery shopping, etc.) Once you complete the form – please **drop it off** at the Transportation Office or hand it to your driver. Additional blank forms are available upon request.

****Please Note: This Form is not accepted to request pick up for Senior Center Trips.****

*The Transportation Request Form is not required to reserve a ride, **but strongly encouraged!***

Transportation Request

Date of Request: _____

Name: _____

Address: _____ **Phone:** _____

Request in Month of: _____

Day/Date	Time	Destination	Notes

Entered By:

Confirmed By:

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.



- March 3 - Target in Southington with lunch at Long Horn Steak House
- March 10 - Aldi's in Danbury with lunch at The Olive Garden
- March 17 - Walmart in Naugatuck with lunch at The Imperial China Buffet
- March 24 - Post Mall (Boscov's) in Milford with lunch at The Cracker Barrel
- March 31 - Westfarms Mall in West Hartford , 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	Friday

To clarify the 48 hour rule for requesting transportation, we are providing the chart below which indicates when you would call for a ride each day:

FOR A RIDE ON:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CALL BY 10:00AM ON:				
THURSDAY	FRIDAY	MONDAY	TUESDAY	WEDNESDAY

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HOW TO CONTACT US

STAFF LISTING

Director of Senior Services

Andrea Corcoran
acorcoran@southbury-ct.gov

Senior Center Coordinator

Kathy Anderson
Senior2@southbury-ct.gov

Administrative Assistant

Ann Stratton
Senior3@southbury-ct.gov

**Customer Service,
Part Time Counter Clerk**
Senior6@southbury-ct.gov

Transportation Coordinator

Brenda Dionne
Transport1@southbury-ct.gov



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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.