

The Town of Southbury will be implementing a four-day workweek pilot program for Town Hall and the Senior Center beginning June 1, 2025 and concluding August 31, 2025. The Public Works and Parks and Recreation Departments will remain on their current schedules.

Employees participating in the pilot program will continue to work the same number of hours each week but in a condensed, fourday schedule with a half hour lunch. Public and employee feedback will be gathered throughout the program, and in mid-August it will be determined if the schedule will be formally adopted.

#### Hours of operation during the pilot program will be:

- Monday: 8:00am 5:00pm
- Tuesday: 8:00am 5:00pm
- Wednesday: 8:00am 6:00pm
- Thursday: 8:00am 5:00pm
- Friday: Closed



A four-day workweek trial is a significant step toward innovative work practices in response to the evolving needs of our workforce. The four-day workweek is recognized for its popularity nationwide and is considered a pivotal factor in remaining competitive in today's hiring environment. In Connecticut, towns such as Vernon, Plainville and Redding have successfully implemented similar schedules.

The four-day workweek will also offer residents extended hours of operation in the evening, allowing ample opportunities to access town services. "Although many of our residents take advantage of the wide range of online services the Town provides, we welcome those who choose to come into town hall for more personalized service," said First Selectman Jeff Manville. "We are excited to begin this pilot program to better serve both residents and employees and enhance their experience with the Town of Southbury."

# Our Friday programs have been rescheduled to the following days and times (beginning in June):

Line Dancing - Tuesdays 11:10am - 12:10pm

Tai Chi - Wednesdays 3:30 - 4:30pm

Muscle Tone - Thursdays 3:30 - 4:30pm

# The following programs have been adjusted to accommodate the Friday activities (beginning in June):

Pilates - Tuesdays 10:00 - 11:00am

Table Tennis – Tuesdays 1:30 -4:30pm & Thursdays 1:00-3:00pm

Friday Transportation services will be rescheduled and announced in the June newsletter.

With the extended operating hours Monday – Thursday, our goal is to better serve our community by offering flexible, accessible and inclusive programming for all older adults. Whether you're joining us for exercise classes, educational programs, or simply to connect with friends, we look forward to welcoming you during these new hours.

Thank you for being a valued part of our senior community. If you have any questions, please reach out to me directly.

We thank you for your patience and support throughout this pilot program. Best,

## Andrea

# MAY 2025

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## **Greetings Friends!**



As we welcome the beautiful month of May, we have some exciting events to share with you. We hope this letter finds you well and in good spirits. I am happy to share that on **May 22nd, we will be hosting our Memorial Day picnic when we remember and honor our heroes**. I expect it to be a day with delicious food, new exciting music, with plenty of opportunities to dance and sing along, and socialize with your friends. We hope you will join us in honoring the brave men and women who have served our country.

There's a Self Defense for Seniors class by Officer Armeno on the 14th of the month, Art Marcelynas is returning to help you lower your electric bill on the 21<sup>st</sup>, Ryan Ventura from RVNA brings a wonderful presentation on "Leaving a Legacy" on the 13<sup>th</sup>, and so much more!

As always, we encourage you to participate in our events and activities. Our center is a vibrant and welcoming community, and we're thrilled to have you as a part of it. We hope to see you soon!

Warm regards,



Grief, Trauma 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. <u>Please call to register.</u>

## Healthy Chats May 8, 10:30am–11:30am May is Health Awareness Month

Learn about Self-Care and Stress Management with the Housatonic Valley Health District.

## Call today to reserve your spot!

## Drawing Workshop May 12, 9am-12pm

A three-hour workshop with Tom Doty which will explain the concepts of drawing by using basic shapes and drawing with a grid, attendees will learn about the different types of erasers, when they should be used and how to use them effectively. Attendees will also learn about blending stumps, how to use them and other ways to blend graphite along with the different grades of graphite pencils, and their application during the shading process. Students will participate in several drawing exercises during the workshop.

## <u>Call to register on the first business day of the</u> <u>month at 8:10 am by phone only!</u> Limited to 10 <u>members.</u>

## Massage Therapy Tuesdays and Wednesdays (Excluding 2nd Wednesday of the Month) 9:00am-12:00pm

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

30 min \$25 Cash, Checks (payable to 60 min \$55 Cash), Venmo & Credit 90 min \$80 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 May 12 & 19, 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 <u>Sign up today</u>! (Cash or Check Only)

# SENIOR LEARNING NETWORK

## ALL TIMES ARE TUESDAYS AT 2:00 PM AT THE SENIOR CENTER

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.

## May 6<sup>th</sup>: The Elephant Sanctuary

Join us as we once again visit our friends at the Elephant Sanctuary as we get a new update on the beautiful elephants in the Tenn sanctuary. (Sadly, they have reported that Donna (pictured below) passed away unexpectedly at the end of last year.) We hope to also get an update on the new elephants who have recently been added. The mission of the Elephant Sanctuary is to provide elephants with individualized care, the companionship of a herd, and the opportunity to live out their lives in a safe haven dedicated to their wellbeing educate the public of the complex needs of elephants and the crisis facing elephants in the wild.

## May 13th: How inventions during WW1 Changed America: Army Women's Museum.

Join the U.S. Army Women's Museum for an exploration of six modern and everyday items that will unlock the history and legacies of the "Great War." While seemingly unrelated at first, these familiar objects have a direct connection to events that took place over 100 years ago. A doughboy, a Salvation Army Doughnut Lassie, an Army Nurse, and Woodrow Wilson all come to life for students as they experience the sacrifices of men and women in World War I and the impact their service has on our lives today.

## May 20th: Bering Land Bridge, Alaska

Bering Land Bridge National Preserve protects a small remnant of a once giant landmass that connected Asia to North America during the last ice age. In the preserve you can find rolling tundra, lakes, lava fields, winding rivers, hot springs, and miles of coastline. Arctic animals, plants, and people live harmoniously on this land as they have for time immemorial.

## May 27th: POP! Goes the West! Whitney Art Museum

We are fortunate to catch this new art exhibition from the Whitney at Buffalo Bill Center of the West!

Explore the compelling intersections between popular culture and the American West . Surround yourself with the iconic work of Andy Warhol and other artists who combine the styles and attitudes of the Pop Art movement with western subject matter. *POP!* features eye-catching artwork with bright colors and bold designs. Artists depict a West that is both familiar and unexpected, filled with Indians and cowgirls, wildlife and highways, horses and pickup trucks, cell phones and tourists, along with lariats, guns, geysers, and more!







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MAY 2025

# Manicures May 12, 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!

# Page Turner's May 14, 1:00pm-2:00pm

#### May's book: We need new names by NoViolet Bulawayo

This is a coming of age story of a girl transplanted from Zimbabwe to Detroit, Michigan. From a review in **The Guardian** (written by Helon Habila for June 20, 2013) "...Bulawayo's keen powers of observation and social commentary and her refreshing sense of humour, come through best in moments when she...goes unscripted; where, for example, we find Darling and her friends, Krystal, the African American, and Marina, the Nigerian, watching porn in the basement, and they turn off the volume so they can make the moaning and groaning noises themselves."

Copies of the book are available through the Southbury Library's temporary home at The Heritage Hotel.

## Great Courses May 14, 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 13: The Crisis of the 3<sup>rd</sup> Century

If the reigns of megalomaniacal emperors such as Commodus and Caracalla in the late 2<sup>nd</sup> and early 3<sup>rd</sup> centuries AD had seemed a bad time for the Roman Empire, things were about to get much, much much worse. By the midpoint of the 3<sup>rd</sup> century the empire



appeared to be irretrievably spiraling down into total collapse, with the economy in shambles, incessant civil war and political chaos, entire chunks of the empire breaking away, and hordes of barbarians storming unchecked across the borders. The catastrophes rampant in this century were all the more vivid because they conflicted glaringly with the preceding century, which had been characterized as a golden age.

## Sometimes we have popcorn

## Leaving a Legacy May 13, 11:00pm-12:00pm Ryan Ventura, Staying Well, RVNA

Many people wrestle with finding purpose as they get older. We give your listeners a new sense of purpose and adventure. And for many, it starts with their own family members. We now know that life is not about the younger needing the older; rather, it is about how both need each other. The goal is to help older adults know that their most important job is just beginning. We want to empower them to be character builders, friends, teachers, mentors, supporters, and purposeful in all that they do. It is a culture changer that says, "You have value in the lives of others!" **Limited-Sign up today!** 

## Monthly Dementia Caregivers Support Group

## 2<sup>nd</sup> Wednesday of the month, 11:00am –12:00pm

Join Hartford Health Care Dementia Specialist, Julianne Ramia for a monthly Caregiver support. Program will vary each month. *Please call to register.* 

## Self Defense for Seniors May 14, 10:00am

Join us for an empowering Senior Self-Defense Class led by Officer Liz Armeno at the Senior Center. This class is designed to enhance your safety and confidence through practical tips and techniques.

#### **Program Highlights:**

- Awareness Tips: Learn how to stay alert and recognize potential threats in various environments.
- At Home Safety: Discover strategies to secure your home and protect yourself from intruders.
- Community Safety: Understand how to stay safe while out and about in your community.
- Personal Safety: Gain insights into protecting yourself in different situations.
- Simple Self-Defense Moves: Practice easy-to-learn moves that can help you defend yourself if necessary.

Officer Liz Armeno will guide you through each topic, providing valuable advice and hands-on practice. Don't miss this opportunity to enhance your safety and wellbeing. We look forward to seeing you there!

Call to register today!

## Broadway Afternoon: An Intimate Matinee with James Michael May 15, 1:00pm-2:30pm \$5 per person



**\$5 per person** James Michael, a *phenomenal* baritone with an engaging performance style that mesmerizes audiences with his resonant singing, per-

sonal stories, and wonderful spirit. Dessert and coffee will be served after his perfor-

mance. You won't want to miss it!



Sign up today! Limited to 40

No Table Tennis, Mahjong or Bingo on this day

## Paint and Sip with Monika from CT Nursing Services May 19, 11:00am

"April Showers Bring May Flowers"

JOIN US ON MAY 19th at 11:00am for a morning of creative expression. Join Monika from CT Nursing Services for a guided painting session. This painting celebrates the arrival of May flow-



ers. No experience needed! Space is limited to 12 members.

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

## Pain Science - Managing Pain Through Education and Movement May 20 12:45pm

Understanding Pain; Come chat with Connect PT to Understand the basics of pain science. Why is pain a different experience for everyone and what can we do help it?

Sign up today.

# Healthy Brain Series Session #3 May 21, 10:00am–11:00am

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

Session 3: Finding meaningful engagement as you age



• Plus, Q&A with the expert

Presented by Julianne Ramia, Dementia Specialist

## <u>Room limit is 20 members. Please call today</u> to reserve your spots.

## Diabetes Wellness Group May 21, 12 pm

**Session 1** Dr. Anna P. Ziganshina is an endocrinologist with the Alliance Medical Group and Waterbury Hospital, where she serves as the Medical Director of Endocrinology, Diabetes, and Metabolism will give an overview.

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.

What to Expect:

• Educational Sessions: Meetings may feature expert speakers, including dietitians, an endocrinologist, and diabetes educators, to provide insights on various topics such as nutrition, exercise, medication management, and the latest research in diabetes care.

• Interactive Workshops: Hands-on activities and workshops to help members develop practical skills for managing their diabetes, such as meal planning, carbohydrate counting, and stress management techniques.

• Peer Support: An opportunity to connect with others who understand the challenges of living with diabetes. Share your experiences, ask questions, and offer support to fellow members.

Resource Sharing: Access to a wealth of resources, including informational handouts, recipes, and tools to help you stay on track with your diabetes management plan.

We hope to be able to have monthly presentations. Please check the newsletter each month. Registration is required.

Sign up the 1st business day of the month starting at 8:10am by phone only.



## Your Electric Bill! With Art Marcelynas May 21, 1:00 pm

Let's talk about it with a professional. Bring your current bill. Find out

ways to lower your payment!

Please register in advance. Sign up today.

SOCIAL SERVICES UPDATE Change of Schedule

## <u>Please note:</u>

As of April 1<sup>st</sup> Mary Silverman, of the Social Services Department, will be in the office on Tuesday, Wednesday and Thursday.

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## Memorial Day Picnic Ballantine Park May 22, 11:30am-2:00pm \$10 due at sign up



Join us for a memorable Memorial Day Picnic! Enjoy live entertainment by the Fortunate Sons Band, a fantastic Credence Clearwater Revival tribute band. This event is generously co-sponsored by the Lutheran Home of Southbury.

Thank you to our sponsors! We'll be serving up classic picnic fare including:

- \* Hamburgers and Cheeseburgers
- Hotdogs (sponsored by Bethel Home Care)



- \* Baked Beans
- Macaroni Salad (sponsored by Candlewood Valley Health and Rehab)
- Drinks (sponsored by Old Glory Days Adult Day Center
- Desserts (sponsored by Stone Bridge Center for Health and Rehabilitation)

Come together with friends to remember and honor our heroes. In case of rain, the event will be moved to the senior center, but it will still be amazing! We hope to see you there!

# There will not be any other programming on this day. The office will be closed.



Call today! Limited to 50 members!



# SENIOR CENTER PROGRAMS

## Frauds, Frauds, & Still More Frauds presented by WCAAA May 28, 1:00pm

Please join Audrey Cole, Program Coordinator for Senior Medicare Patrol (SMP) from WCAAA in a group discussion on the latest Medicare frauds impacting our local communities. A Q/A session will follow. Learn the answers to: How can I protect myself or a loved one from financial exploitation? How is Medicare fraud, abuse or an error defined? Why are individuals hesitant to report they've become a victim? And more. Registration required.

# Sign up the 1st business day of the month starting at 8:10am by phone only.



# Southbury Shells May 28, 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.

# Let's Take A Walk! Thursdays 10:30am

Members interested in walking on Thursdays with fellow members can meet at the Center before 10:30 to plan where to walk before venturing out enjoying the fresh air and good company.



Calling all Pickle Ball players! There are 4 Pickle Ball courts reserved exclusively for Southbury Senior Center Members from 10:00 am – 12:00 pm every Tuesday from April 22nd through October! If you would like more information, please contact the office 203-262-0651.





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

# Closings, class changes ONLY are listed below

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

**Class cancellations:** 

No Classes May 22nd

## May 30th - 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 on the 1st business day of the month.



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.** 



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



# **NUTRITION & INFORMATION**

MAY 2025

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## **\$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, May 1st Tuesday May 6th Thursday May 8th Tuesday May 13th Thursday May 15th Tuesday May 20th Thursday, May 22nd Tuesday, May 27th Thursday, May 29th

Chicken Stir Fry with Rice & Veggies Stuffed Peppers with Italian Bread **Reuben Sandwich with Chips** Chicken Piccata with Rice & Veggies Shepherd's Pie with Salad Meatball Grinder with Potato Chips No Lunch Served—Memorial Day Picnic No Lunch **BBO** Chicken with Coleslaw \*Birthday Cupcake Day\*



**Cupcakes for Birthday Month** Celebration generously donated by Southbury Baking Company (located at 250 Main Street South)



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.



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# SENIOR CENTER TRIPS

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## Hartford Yard Goats vs Binghampton Ponies May 18 10:30am - 5:00pm \$67 per persoon



#### Join Us for a Fun-Filled Day at the Hartford Yard Goats Game!

Get ready for an exciting day as we head to Dunkin' Park to watch the Hartford Yard Goats take on their rivals! Our tickets are for the exclusive **Party Deck**, which means you'll enjoy the game in comfort with **shade**, an all-you-can-eat **buffet of standard ballpark fare for 2.5 hours, convenient bathrooms, and great seats. The Party Deck also offers phenomenal views of Dunkin' Park and the Hartford downtown Skyline.** Whether you're a die-hard fan or just looking for a fun outing, this trip promises to be a memorable experience for everyone. Don't miss out on the action- grab your tickets and join us for a fantastic day at the ballpark! Buffet begins at noon. Game begins at 1:10

#### 8 tickets available. Call today!

## New Britain Museum of American Art May 29 1:30pm-6:00pm \$27 per person and J. Timothy's Taverne for dinner

#### Join Us for a Trip to the New Britain Museum of American Art!

We're excited to invite you on a special trip to the New Britain Museum of American Art. Our visit will include a one-hour docent-led tour, where we'll explore some of the museum's most amazing masterpieces.

The museum is dedicated to showcasing the best of American art. Through its engaging exhibitions, publications, and programs, it helps us appreciate the rich and diverse heritage of our nation.

After the museum, we'll head to J. Timothy's Taverne for dinner on your own. It's a great chance to relax, enjoy some delicious food, and chat about the day's highlights.

Don't miss this chance to enjoy beautiful art and learn more about America's artistic journey!

#### 12 tickets available. Call today.



## Check your calendars for trips coming in June:

June 17 Beyond Monet/Beyond Van Gogh Experience

June 27 Rocky Hill CT River Cruise

**June 29 Hartford Yard Goats Party Deck** 

## **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 TRANSPORATION 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.

# 2025 HOLIDAY SCHEDULE

HOLIDAY	DAY	OBSERVED	
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	

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 désignated 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 serviceconnected 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 incapaci-FILE OF LIFE tated 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!



TRANSPORTATION

TO MAKE A RESERVATION FOR MANIC MONDAY SHOPPING, CALL 203-262-0652



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- 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.



FOD A DIDE ON

- May 5 Aldi's and Dollar Tree in Danbury with lunch at The Olive Garden
- May 12 Post Mall (Boscov's) IN Milford with lunch at The Cracker Barrel

May 19 - The Shops at Farmington Valley in Canton eat there multiple restaurants on premises

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	In Town Card (\$10 or \$20) fees are as follows:		
We have a Punch Card System for payment of transportation fares. Cards are available for purchase at the front desk in	Senior Center	No Charge	
the following denominations:	Library/Town Hall	No Charge	
In Town: \$10 and/or \$20 Card	Medical	2 Punches	
Dial-A-Ride: \$15 Card	Personal Care	2 Punches	
Drivers will not have cards available for purchase on the bus.	Shopping/Errands	2 Punches	
If you need to have your cards mailed to you, please allow one week to receive your cards by return mail.	Out of Town Shopping Trips	5 Punches	
You may purchase cards at the Center Office or mail your order to:	Out of Town Medical Appointments Dial-A-Ride Card (\$15) fees are as follows:		
	Waterbury, Middlebury, Woodbury	3 Punches	Mon & Thurs
Transportation Division Department of Senior Services 561 Main Street South Southbury, CT 06488	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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Southbury Senior Center Where Your Adventure Continues

## **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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IF YOU CHANGE YOUR NAME, EMAIL OR HOME ADDRESS, PLEASE LET US KNOW (203) 262-0651

**988 Suicide and Crisis Lifeline** Calling 988 will direct the caller to representatives specifically trained in the management of suicide risk and other mental health crisis



Medicare Choices Third Monday of the month 1st appt at 9:00am, last appt 3pm

## Do you have questions about Medicare and its many insurance choices?

Come visit with an experienced, certified, Medicare counselor that has been serving the Southbury Senior Center for the past 12 years. Call the Senior Center to make an appointment. There is no fee for this service.

Reminder: Paul returns to the 3rd Monday of the month after Open Enrollment ends.