



Welcome to the Southbury Senior Center!



561 Main Street South

Southbury, CT 06488

www.southbury-ct.org/seniors

(203) 262-0651 (Main Office)

(203) 262-0652 (Transportation Line)

(203)-262-0653 (Social Services)

Monday, Tuesday, Thursday

8am-5pm

Wednesday

8am-6pm

Friday

8am-1pm

The Southbury Senior Center is gearing up for the holiday season! We are looking forward to our annual programs: Thanksgiving Dinner, Epic Holiday Celebration, and the Holiday Cheer Program. These programs rely heavily upon the generous donations from the community. If interested in making a donation to one or more of these programs, please stop by the office to pick up a list of requested items. The kindness of neighbors and friends like you is truly the best part of the holiday season.



Andrea



Fairy Hair is Back! Nov. 3, 3:30pm – 4:30pm

Get your Sparkles on for the Holidays! Join us for a magical experience where you'll have sparkly strands called Fairy Hair added to your locks! These shimmering strands will last up to 4 weeks, even through normal washing and coloring, adding a pretty shine and fun sparkle to your hair. Add some sparkle to your life and your hair! We had Dana bring us Fairy Hair back in April and August. We thought it would last a few weeks at most – I don't know about anyone else, but I still have some sparkles left!

For just \$10, you can choose from a variety of colors and enjoy this enchanting makeover. We have space for up to 10 members!

Call today & get ready to shine! ✨

MEDICARE Open Enrollment Appointments

Schedule your appointment with our experienced, certified, Medicare counselor at the Southbury Senior Center. Please, call the Senior Center to make your appointment. There is no fee for this service.

Oct 15 to Dec 7, 2025 is the **Annual Open Enrollment Period** for reviewing and making changes to your Advantage or Prescription Drug Plan for 2026. Any and all Medicare questions will be addressed and clarified for the many Medicare insurance choices available. **Please call for availability.**

New! Vitality Fitness with Karen November 5, 11:45am



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

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

Grief, Healing and the Holidays November 5, 1pm -2pm

The Holiday season can be especially difficult for those grieving the loss of a loved one. While traditions are meant to bring comfort and joy, they often stir memories and emotions that can lead to sorrow and heartache.

Join us for a compassionate conversation on navigating grief during the holidays. Special guest speaker Garrett Walkup, RVNA health Spiritual Care and Bereavement Coordinator, will share insights and strategies to help you manage your emotions, find meaningful ways to honor your loved one, and care for yourself during this challenging time. Let's come together and support one another and find hope in the season. **Call today to register.**

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

Dear Friends,

November is here and with it the season of gratitude. We have so much to be thankful for at our wonderful center! I know I am always grateful to see your smiling faces throughout the day. We are looking forward to our annual Thanksgiving Dinner! This year we are holding space for 100 members and we have the wonderful Noreen Mola Jazz Quartet back again. Thank you to all of our volunteers who help make this special event possible. We hope you'll join us for this beautiful tradition.

A heartfelt thank you to our Veterans for their service, and a very happy Thanksgiving to you all.

Warm Regards,

Kathy



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



Mini Facials With Laura Nov. 3 & 10, 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)

Tech Help is Back! Nov. 26

2 Pomperaug High School Students will be offering free tech help from 4:15pm to 5pm. Bring your smartphone, tablet and/or laptop!

Call the office to schedule your appointment!

Bereavement and 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. **Please call to register.**

Celebrity Makeup Artist, Educator Joby Rogers is back!

2.5 Hour Workshop

Nov. 6, 12:45pm – 3:15pm

Timeless Beauty:

MakeUp for Mature Women|\$10 per person|Space is limited



Discover the art of enhancing your natural beauty in this empowering and educational workshop designed specifically for mature women. Led by renowned celebrity makeup artist Joby Rogers, this 2.5-hour class will guide you through:

- Proper makeup techniques
- Choosing the right concealer and foundation
- Grooming and defining your eyebrows
- Keeping your makeup and brushes clean and sanitary
- And so much more!

Joby encourages attendees to bring their own makeup and come makeup-free (optional) for a hands-on experience. Be sure to bring a pen and paper for notetaking! A curated selection of products may be available for purchase.

Call the center to sign up today-space is limited! (15).

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

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

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

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

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

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

Call to schedule your appointment today.

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.

November 4: Eisenhower on the Farm- Eisenhower National Historic Site

In 1950—after 34 years of marriage and dozens of moves—the Eisenhowers found a place they could call home in Gettysburg, Pennsylvania. After World War II, Eisenhower looked forward to retirement with his wife Mamie and this farm on familiar ground seemed the perfect fit. The couple purchased the property, but Eisenhower's retirement was short lived. After the move he was called soon back to Europe to be the Supreme Commander of NATO forces. The following year, he left that role to run for the presidency, and was elected the 34th President of the United States. Over his two terms in office, his Gettysburg farm was a central feature of Eisenhower's time as president. Ike spent over 365 days here while he was Commander-in-Chief, using the farm for rest and relaxation, as well as a locale for hosting world leaders. Finally, in 1961, 11 years after buying their farm, the Eisenhowers left the White House and, at long last, had their retirement home of their dreams. Join us as we visit the farm, which includes background on the Eisenhower story and the significant events that took place here.

**November 18: “Wind and Sand” Wright Brothers National Memorial**

Come Fly with us!

The Wind and Sand Program highlights the evolution of the Wright brothers from bicycle mechanics to aviation legends. We will learn about many of the people who aided the Wrights in their work, talk about why Kitty Hawk was picked as the place to do their experiments away from Ohio, and present how the two brothers were eventually able to succeed with their flights on December 17, 1903. We will also discuss how their work may have influenced you!

**November 25: Francis Perkins : FDR Presidential Library and Museum**

When FDR was elected President in 1932 there was speculation over who the President would select for his cabinet. One name that kept coming up was that of Frances Perkins. Because no woman had previously served in a presidential cabinet, any woman appointed would be closely scrutinized and be targeted for criticism. Impressed by her ability and accomplishments, President Franklin Roosevelt offered Frances Perkins the position of Secretary of Labor. As Secretary of Labor, Perkins took on the responsibility of developing solutions to the problems being caused by the Great Depression. Most pressing was the fact that between 13 and 18 million Americans were unemployed (Downey 149).

Frances Perkins leaves behind an even greater legacy: she helped pave the way for women to enter the male dominated political world. Twenty-one women have held cabinet positions since Frances Perkins first accepted Franklin Roosevelt's offer to become Secretary of Labor. By accepting a position in Roosevelt's cabinet, Frances Perkins changed the course of women's history in America.



Exotic Birds of the World presentation by Tom Kosturko, Compassion Home Care Nov. 7, 10:00am—11:30am

Many of you have enjoyed Tom's past presentations on Backyard Birds of CT, and Owls of CT. His warm and enjoyable manner is so much fun to be around. Join us this month for this fascinating presentation that includes a slide show, a little trivia, sound bytes, and an interesting story of survival. Tom always brings a snack for everyone too!

Sign up today!



Great Courses Nov. 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 19 The Roman Army. The Roman army is renowned as

one of the most successful military forces in history, and it enabled the romans first to conquer their vast empire and then to maintain it for hundreds of years. The Roman army did not just conquer the Mediterranean world, but it served as the mechanism by which hundreds of thousands of provincials became Romanized, acquired Roman customs and culture, and maybe even learned to speak Latin. It was also a path for social mobility that enabled young men from all parts of the empire to gain status and increase their wealth.



Sometimes we have popcorn

Monthly Dementia Caregivers Support Group

2nd Wednesday of the month, 11am –12pm

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

Healthy Chats with Housatonic Valley Health District Nov. 13, 11am Meet & Greet Amy Bethge, HVHD's Director of Health

Join Housatonic Valley Health District's Director of Health for an informal meet and greet for the community to ask questions, voice concerns, and learn about the future of local health initiatives .



Page Turner's Nov. 12, 1pm-2pm

The Girl Who Wrote in Silk by Kelli Estes

This historical novel tells the story of Liu Mei Lien a Chinese American women from Seattle, Washington through a present -day Inara Erickson's discovery of Mei Lien's meticulously embroidered silk sleeve in the home of Inara's relative's. This book explores the personal and cultural value of history, the historical evolution of women, and the generational impact of racism. Several readers said the book is beautifully written and the characters are well drawn.

Meetings are open to all! Books are available through the circulation desk a the Southbury Public Library in the "holds" section under Pager Turners.

Paint and Sip with Monika from CT Nursing Services Nov. 17, 10am



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

Registration required. Seats are limited to 12 people. Sign up begins the first business day of the month at 8:10 am by phone only.



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

ASK THE ATTORNEY 10:00am

ASK THE FINANCIAL ADVISOR 1:00pm

ASK THE REALTOR 2:15pm

This program will not be offered in November, but will return again in December.



Diabetes Support Group November 19, 12pm

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.

This month's topic has been rescheduled from September.

Medication Management presented by Dr. Ziganshina.

Call to reserve your spot on the first business day of the month at 8:10 am

Balance and Home Safety Nov 19, 4:30pm – 5:30pm

Presented by Danielle McGuire PT, DPT, OCS Physical Therapist Southbury Clinic Manager CT Physical Therapy LLC

Part 4: Balance Exercises for the Home Part 2

Limited to 25 members, signing up begins first business day of the month at 8:10 am by phone only



Thanksgiving Dinner! **\$12 pp** November 20, 11:30am

The Senior Center staff hopes you will join us as we serve a delicious traditional Thanksgiving dinner on Thursday, November 20th from 11:30 am-2pm. Thanksgiving is a time you reflect on what you are thankful for. We are thankful to have you, our beloved members, celebrating with sit down meals at the center together, enjoying the food and one another's company. This will mark our third year celebrating the Thanksgiving holiday with each other here. We have a wonderful time each year! Once again, we are adding a little music to our celebration to spice things up a bit with the Noreen Mola Jazz Quartet.

Limited to 100. Sign up begins 1st business day of the month at 8:10 am.

Last day of signup is Nov. 13th.



Tri-bury Rotary Presents: Healthy Meals Project November 21, 10am

Taste before you buy! Be prepared for winter with shelf stable healthy meals- ideal for when you cannot easily get to the store! For every \$5 healthy meal packet purchased, the Rotary will provide one packet of 6 meal servings to our local food bank. All attendees will receive one free meal package which contains 6 servings. This will give you the opportunity to taste the meals and decide if you want to buy more.

Sign up today, limited to 25.



Creative Flair with Bethel Health Care Nov. 24, 11am-12pm

Join Danielle to make these creative Pumpkin Wine Glass Candleholder!

Limited to 12 members, sign up begins the first business day of the month at 8:10 am by phone only.



Need assistance signing up for ArrayRx? **Join Andrea on, November 25th at 2pm** for more information and to register! Call the center to RSVP

Save money at the pharmacy!

ArrayRx offers affordable prescription drugs to everyone in Connecticut, no matter their income, age, insurance status, or immigration status.

No computer? No problem.
Follow the steps below to sign up:

1 Call **800-913-4146** to sign up for the discount card.

Are you Interested In Being a Pomperaug Pal? Are you interested in having a Pen Pal? There are students next door who would like to write to you every month. You do not even have to mail your letters- they will be picked up and the return letters will be dropped off for you here. Last year's program was very successful! To make it easier to begin, they've created topic starters too. If you are interested, call the office 203-262-0651 and sign up today! We will match you with a pen pal and you can begin swapping letters!

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

Psychic Medium Patty Griffin November 25, 2:30pm – 4:30pm \$20 per person



Patty Griffin is a gifted Psychic medium, intuitive, clairvoyant, empath, Reiki Master, certified Angel Card Reader, and Angel Links Facilitator. She has had this gift her entire life, and she's embraced it to help you connect with your loved ones, in spirit. Her readings can help you find closure, peace, and validation.

Registration begins on the 1st business day of the month at 8:10 am. Limited to 30 members.



Southbury Shells Nov. 26, 10:00am-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.



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

Lower Your Electric Bill with Art Marcelynas December 2, 12:30pm

Electricity Supply rates will likely increase on January 1st. So bring a copy of your electric bill and learn about the new Supply rates and how choosing an electric supplier can lower your bill. Art Marcelynas, a former state regulator at the Public Utilities Regulatory Authority (PURA), will explain the process. Art can answer questions about the new Standard Service Supply rates, electric suppliers, the redesigned electric bill and much more.

You are encouraged to visit <https://www.mysupplymanager.com> before the presentation to learn about a service that manages the Supplier cost on your bill. A representative from My Supply Manager will be on hand to answer questions and/or you can enroll.

Art worked at PURA for 32 years and among his numerous duties was responsible for maintaining the EnergizeCT.com Rate Board and regulating licensed suppliers from 2006 until he retired in 2021. He was also involved with redesigning the electric bill and many other energy policies. As a result, he has considerable knowledge about electric rates, the energy supply market, rules surrounding switching suppliers and much more.

You won't be disappointed with this presentation!! Please remember to bring your bill.

Register the first business day of November at 8:10 am

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

CARE CALLS: This program is designed to “check-in” with our Southbury Seniors. After completing a brief application with the office, you will receive an automated telephone call during Senior Center operating hours. If you do not answer the automated phone call after 3 attempts, a staff member will check in with your designated emergency contact(s) and/or do a wellness check at your residence. This program is free for our Southbury resident members. Call or stop by the office for more information!

New Property Tax Exemption for Veterans With a Permanent & Total Disability Rating: CT residents who served in the Army, Navy, Marine Corps, Coast Guard, Air Force, or Space Force and have a service-connected permanent and total disability rating, as determined by the U.S. Department of Veterans Affairs (U.S. DVA), are eligible for the exemption. We encourage all Veterans to file their DD-214 with the Town Clerks Office regardless if you are eligible for this exemption. There are other Veteran Exemptions available for those who do not meet these requirements.

We are pleased to announce that the Senior Center has **Free File of Life** available for pickup our office. The File of Life is a magnetic, red vinyl packet containing a medical information card. The card provides vital information that EMTs need to know about an individual's condition and/or medication. The card enables medics to obtain a quick medical history when the patient is unable to offer one. It eliminates the risk of the patient who, in a confused or incapacitated state, may forget to mention something important. The File of Life can be filled out and placed on a refrigerator or other prominent location in a home. Stop in to pick up yours today!





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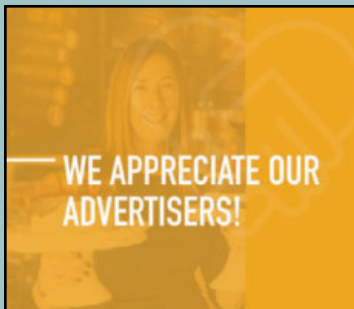
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WEEKLY SCHEDULED CLASSES

Page 8

BELOW ARE PROGRAMS OFFERED TO OUR MEMBERS DURING THE MONTH

All closings, or class changes are shown in calendar on opposite page. Note: All members are required to register at one of our kiosks (located in front lobby and at back doors of Center), by entering their phone number and registering for each class/event they are attending and/or as a drop in if just "stopping in". All visitors are required to register at the front office. We ask that you do not pre-check in for any class or program that is taking place at a later time in the day until you are about to enter the room. This helps keep numbers for attendance of classes/programs accurate, as well as the number of people in the building at any one time.

MONDAY	9:00-4:00 9:30-10:30 10:45-11:45 11:00-1:00 12:15-1:00	Certified Choices Counselor (60 min. appointments) - (3rd Monday of each month) Aerobics Class A Zumba Mini Facials (2 nd & 3 rd Monday in the Month) - Check Newsletter for date Beginner Tap Dancing
TUESDAY	9:00-12:00 8:45-9:45 10:00-11:00 10:00-11:00 11:15-12:15 11:30-12:30 1:00-2:00 1:30-4:30 2:00-3:00 2:15-3:15	Massage - Appointments Tues & Wed (Excluding the 2nd Wed of the Month) Fit & Flex A Class Fit & Flex B Class Ask the Attorney (15-minute one-time appointments, 2nd Tuesday of the month) Line Dancing Chair Yoga 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) November 4: No Line Dancing Election Day November 25 No Table Tennis/ program in Activity Room
WEDNESDAY	9:00-12:00 9:30-10:30 10:00-11:00 10:00-11:00 10:00-11:30 10:30-11:30 10:30-12:00 11:00-12:00 11:45-12:45 1:00-2:00 1:00-2:30 1:00-2:00 3:15-4:15 4:30-5:30	Massage - Appointments Tues & Wed (Excluding the 2nd Wed of the Month) Aerobics B Garden Club (Seasonal) Great Courses - (2nd Wednesday of the month) Southbury Shells (check newsletter for date) Tango Lessons Hair Dresser-Lucy (2nd Wed. of the month, CASH Only \$10/men, \$15/women) Monthly Dementia Caregivers Support Group (2nd Wednesday of the month) Vitality Fitness with Karen—NEW! Grief, Trauma Support Group (1st & 3rd Wednesday of the month) Hooks and Needles Page Turners (2nd Wed) Tai Chi Great Courses Weekly
THURSDAY	8:45-9:45 10:00-11:00 10:00-11:30 10:30 10:30-11:00 & 1:00-1:30 12:30-3:30 1:00-3:15 3:30-4:30	Yoga Weight Strengthen/Tone Crochet Group (Loop Troop) 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 Muscle Tone November 20 No Programs— Thanksgiving Dinner
FRIDAY	9:00-11:00	Game Day! (Scrabble, Rumicube, Chess, Wii Bowling & Puzzles)

GAME DAY

Closings, class changes ONLY are listed below**Special Programs—Call for Reservations as noted in the program descriptions*****Class cancellations:*****November 4: No Line Dancing Election Day****November 20: No Programs—Thanksgiving Dinner****November 25: No Table Tennis/ program in Activity Room**

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

Regular programming will be canceled when a large event is scheduled on site or off site. Always check the newsletter for any program changes.

If you've arrived early for your class, please enjoy a cup of coffee in the lounge on Tuesdays, Wednesdays & Thursdays.

Please leave the room as you have found it, returning all items where they were before the class or program starts. **If you need help with your chair, please ask the staff and we will be happy to assist you.**



Program Registration Procedures: Telephone call requests will begin at 8:10am for program registration on the 1st business day of each month. Due to the high volume of incoming calls we ask everyone to refrain from leaving messages. If you do not speak to someone when you call, please hang up and keep calling until we answer. We may not be able to listen to the messages until well after all programs have filled and you risk being on the waitlist rather than registered for the program you are interested in. We do our very best monthly to make the registration process as easy as we can. If the program you have registered for has a charge, your payment is due within 2 business days of registration to secure your place.

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

***Inclement weather policy :*****Southbury Senior Center will follow the Region 15 School Inclement Weather Policy:**

- If schools are closed due to inclement weather, all meals, activities, classes, and non-medical transportation are cancelled.
- Medical transportation will be cancelled on a case by case basis. All riders will be notified accordingly.
- If school has a delayed opening or an early dismissal, the senior center will hold regular business hours.
- An announcement will be made on the following news stations: WFSB-Ch. 3, WVIT-Ch. 30, & WTNH-Ch. 8
- If the Senior Center should remain open in questionable weather, consider safety issues and remain at home.





\$5 PER PERSON

PAYMENT MUST BE MADE IN PERSON AT THE TIME OF SIGN UP TO SECURE YOUR RESERVATION

Lunch is served at 12pm and your place will be held until 12:15pm



LUNCH IS NON-REFUNDABLE AND NON-TRANSFERRABLE

Day/Date	Meal (Last Day for Reservation by 11:00am the working day before)
Tuesday, November 4	Macaroni & Cheese with Salad
Thursday, November 6th	Meatloaf with Mashed Potatoes & Veggies
Tuesday, November 11th	No Lunch—Holiday—Veteran’s Day
Thursday, November 13th	Roast Beef Sandwich with Chips
Tuesday, November 18th	Chicken Stir Fry with Rice & Veggies
Thursday, November 20th	No Lunch—Thanksgiving Dinner \$12pp - registration required by November 13th
Tuesday, November 25th	Stuffed Peppers with Garlic Bread— Cupcake Day
Thursday, November 27th	Closed—Thanksgiving Holiday

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

We would like to thank The Lutheran Home for providing cupcakes to our members to celebrate November birthdays

Please remember to thank our Awesome Volunteers who serve lunch weekly



SOMETHING YOU SHOULD KNOW

Regular programming will be canceled when a large event is scheduled on site or off site. Always check the newsletter for any program changes.

Sign in at the kiosk for the program or class you are attending before entering the room the class or program is being held in. **Please note:** If the number of attendees registered does not match the number of people in the class, the class will not begin until the number matches to ensure our records reflect the correct numbers for the following reasons:

- Statistic reporting. Programming numbers are reported to the Board of Selectmen monthly in the Director's Report. In the event of an emergency: ie: fire, accident, etc.
- To be able to contact the class to locate the owner should an item be left behind, or a lost item found. Items are not held for more than 2 weeks.



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Hello Roger



It's our people,
and the place.



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Lunch at the White Horse Country Pub and Restaurant in New Preston CT**November 13, 11:30am– 3:30pm \$5pp**

Consistently rated as one of Connecticut's top restaurants! Five Stars! 82 awards- including Best Lunch!

Come for a delicious, leisurely, lunch on your own and enjoy the company of friends and make some new connections!

**Sign up begins the first business day of the month at 8:10am
12 spots available.**

If you need to be picked up at home, you must tell us when you make the reservation.



Farmers India Market in Orange, CT \$5**November 18, 10am-1pm**

A unique shopping experience! Farmer's India Market offers a variety of ethnic groceries from around the world. Everything from grocery staples, dairy products, and produce to baked goods and personal care items. Bring your own shopping bags and only buy what you can carry! Maybe you'll find something new for dinner!

Sign up today! 12 spots available

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.

2025 OBSERVED HOLIDAYS

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2025 HOLIDAY SCHEDULE

HOLIDAY	DAY	OBSERVED
Veterans Day	Tuesday	November 11, 2025
Thanksgiving	Thursday	November 27, 2025
	Friday	November 28, 2025
Floating Holiday	Wednesday	December 24, 2025
Christmas	Thursday	December 25, 2025
Closed	Friday	December 26, 2025



2026 Renewal

For all members renewing their 2026 membership: Below is the information portion of our membership registration form. Please complete if any of your information has changed since last year, cut this page out and include it with your membership payment. Renewal fees are \$20 for Residents and \$30 for Non-Residents. We accept cash or checks only (payable to the Town of Southbury).

You may make your payment the following ways: Front Desk, Drop Box, or US Post Office Mail

We look forward to seeing everyone in January 2026!

Southbury Senior Center Registration	Veteran Yes No	Gender	Nickname
Last Name, First Name Please Print Clearly		Resident Fee \$20 Non-Resident Fee \$30	
Address			
City, State Zip		Telephone 1	
Email Address		Telephone 2 (Optional)	
Emergency Contact, Relationship, Telephone No (1 Contact Required, 2nd Contact Encouraged, but optional)			

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.

Nov 3 - West Farms Mall & Trader Joe's with lunch at The Olive Garden

Nov 10 - Hobby Lobby & Danbury Fair Mall with lunch at The Cheesecake Factory

Nov 17 - Stew Leonard's with lunch at Blue Colony Diner

Nov 24 - Post Mall & Boscov's with lunch at The Cracker Barrel



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 Thursday before the trip with departure time. Manic Monday Shopping Trips are for Senior Center Members Only.

Transportation Fares

We have a Punch Card System for payment of transportation fares. Cards are available for purchase at the front desk in the following denominations:

In Town: \$10 and/or \$20 Card
Dial-A-Ride: \$15 Card

Drivers will not have cards available for purchase on the bus. If you need to have your cards mailed to you, please allow one week to receive your cards by return mail.

You may purchase cards at the Center Office or mail your order to:

Transportation Division
Department of Senior Services
561 Main Street South
Southbury, CT 06488

In Town Card (\$10 or \$20) fees are as follows:

Senior Center	No Charge
Library/Town Hall	No Charge
Medical	2 Punches
Personal Care	2 Punches
Shopping/Errands	2 Punches
Out of Town Shopping Trips	5 Punches

Out of Town Medical Appointments Dial-A-Ride Card (\$15) fees are as follows:

Waterbury, Middlebury, Woodbury	3 Punches	Mon & Thurs
Danbury	5 Punches	Tues & Wed
Newtown	3 Punches	Tues & Wed
New Haven	5 Punches	By Request

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

FOR A RIDE ON:

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

THURSDAY	FRIDAY	MONDAY	TUESDAY	WEDNESDAY
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HOW TO CONTACT US

STAFF LISTING

Director of Senior Services

Andrea Corcoran
acorcoran@southbury-ct.gov

Senior Center Coordinator

Kathy Anderson
Senior2@southbury-ct.gov

Administrative Assistant

Ann Stratton
Senior3@southbury-ct.gov

Transportation Coordinator

Brenda Dionne
Transport1@southbury-ct.gov

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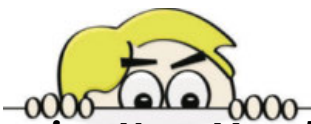


IF YOU CHANGE YOUR NAME, EMAIL OR HOME ADDRESS, PLEASE LET US KNOW (203) 262-0651



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


Coming Next Month...

December 11th, 11:30am-1:30pm: Annual Holiday Party: \$20pp

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