



Welcome to the Southbury Senior Center!

SEPTEMBER
2025

CONTACT US:

**561 Main Street South
Southbury, CT 06488**

(203) 262-0651

(203) 262-0652 (Transportation Line)

www.southbury-ct.org/seniors

Monday, Tuesday, Thursday 8am-5:00pm

Wednesday 8am-6pm

Friday (Starting 9/12/2025) 8am-1pm

The Southbury Farmers' Market is producer only, meaning the farmer or specialty food maker behind the table is the person who grew or made the product. The market offers a great mix of plants, veggies, fruit, honey, jam, maple syrup, olive oil, baked goods, and wines!

Market opened **June 19, 2025 and runs until November 20, 2025** on Thursdays from **3:00 pm to 6:00 pm**. Please come join us.

Southbury Town Hall Green
501 Main Street South
Southbury, CT 06488

Transportation to the farmers market will be available 9/11 & 9/25



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. Act now to make a one hour appointment between 9:00am and 3:00pm, because they fill-up fast. Any and all Medicare questions will be addressed and clarified for the many Medicare insurance choices available. **Available dates will be: Oct. 15th, 20th & 27th; November 3rd, 10th, 17th & 24th; December 1st.**



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. **Please call to register.**

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
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.

Monthly Dementia Caregivers Support Group

2nd 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.**

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

Dear Friends,

We've had a lot of fun this summer! We hosted an informative Senior Health Screening Fair in June, went on River Cruises, Yard Goat Games, and Museum trips, ate breakfast with the new Chief of Police and Luke, and enjoyed country music with a Pig Roast under our tent- what a spectacular day that was! We enjoyed the beautiful voice of James Michael who sang songs from his Broadway career, played Juke Box Bingo, painted watercolor scenes with Tom, got our Fairy Hair on with Dana, and now we are ready to say so long to summer with our End of Summer Picnic on the 18th at Ballantine Park Pavilion. Another fun-filled day of food and dancing and great company. I hope you'll join us!

Warm Regards,

Kathy



Mini Facials With Laura Sept. 8 & 15, 11:00am-2:00pm

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)



Page Turner's Sept. 10, 1:00pm-2:00pm

***The Nature of Fragile Things* by Susan Meissner (2021)**

This book is work of historical fiction depicting San Francisco in 1906, the year of the awful earthquake. The author explores the bonds of friendship and unconditional support between three women. The main character, Sophie is said to be determined, compassionate, caring and brave. The book is described by Polly Castor as a "compelling story with its slow unveiling of secrets and satisfying ending. Castor says that the title is taken from this quote: "It is the nature of the earth to shift. It is the nature of fragile things to break. It is the nature of fire to burn."

As always all are welcome to attend and the book is available through the temporary location of the Southbury Library at the Heritage Hotel.

Great Courses

September 10, 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 17 Gladiators and Beast Hunts In the popular imagination, one of the most famous figures associated with ancient Rome is the gladiator. The image of brawny warriors battling with the death in gigantic marble amphitheaters for the amusement of a rabidly cheering crowd is a powerful one, but the way that gladiator games are depicted in movies and novels is rarely accurate. The romans were indeed fond of spectacular public entertainments, and gladiator games were indeed fond of spectacular public entertainments, and gladiator games were certainly one of these. However, they were not the only kind of violent public spectacle, nor the most common- nor even the most popular.



Sometimes we have popcorn

Healthy Chats with Heidi Bettcher Housatonic Valley Health District September 11, 11:00

Join Michelle Laguerre who is the food inspector for Housatonic Valley Health District. She will discuss everything you need to know about food-borne illness.

We had some much fun at our **Honky Tonk Barbeque** on July 24th! The weather allowed us to enjoy the great sounds of **Honky Tonk Jones**, phenominal food prepared by Bloom Catering and wonderful company under the tent and shade from the surrounding trees! Our volunteers as always are the BEST! A heartfelt **THANK YOU** to our sponsors!

The Lutheran Home of Southbury(Pastries from Nardellis), **Barbara Bloom**(Cookies)! You help make our events a great success and a wonderful experience for our seniors. We appreciate all that you do!

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.

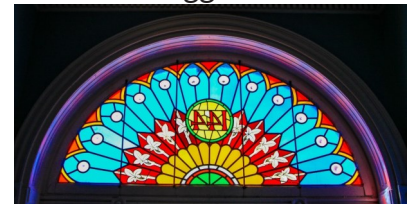
Sept. 9th: Hokusai and the Art of Japan- National Museum of Asian Art

The Japanese artist Katsushika Hokusai (1760–1849) is widely recognized for a single image—Great Wave Off the Coast of Kanagawa, an icon of global art—yet he produced thousands of works throughout his long life. Tour the former exhibition *Hokusai: Mad About Painting*, which featured works from the world’s largest collection of paintings, sketches, and drawings by Hokusai. The exhibition includes works large and small, from six-panel folding screens and hanging scrolls to paintings and drawings. Together, these works reveal an artistic genius who thought he might finally achieve true mastery in painting—if he lived to the age of 110.



Sept. 16th: Belmont-Paul National Monument

Home to the National Woman's Party for more than 90 years, this was the epicenter of the struggle for women's rights. From this house in the shadow of the U.S. Capitol and Supreme Court, Alice Paul and the NWP developed innovative strategies and tactics to advocate for the Equal Rights Amendment and equality for women. Built on Capitol Hill in 1800, the brick federal-period house that today is Belmont-Paul Women’s Equality National Monument is among the oldest residential properties in Washington, D.C. The house is located on land used by the Nacotchtank, or Anacostans, for hunting and trading. The tract was included in a land grant to Cecil Calvert, the second Lord Baltimore, in 1632 by King Charles I of England as part of the colony of Maryland.



Sept. 23rd: “No Mail, Low Morale”: The 6888th Central Postal Directory Battalion – US Army Museum

Since the Revolutionary War generations of African Americans have served the armed forces, but it was not until World War II that Black women joined the Army as part of the Women’s Army Corps (WAC).

In February 1945 members of the 6888th Central Postal Battalion arrived in Birmingham, England. Nicknamed the “Six Triple Eight,” they were the first and only all-Black WAC unit sent overseas during World War II. They faced the daunting task of sorting and delivering mail to the roughly 7 million service members stationed in the European Theater. Their mission boosted morale across the entirety of deployed forces. They completed their mission in three months’ time before deploying to France to undertake the same work. The battalion was awarded the Congressional Gold Medal in honor of their dedication and service to mission in 2022.



Sept. 30th: Seaport Village Virtual Walkabout: Mystic Seaport Museum

Join us in our favorite seaport town- Mystic! **Learn** about maritime trades that supported life at sea and on land in the 19th century. Museum interpreters demonstrate skills in the cooperage, shipsmith, print shop, shipcarver shop, and more in the re-created seaport village. Stroll through the re-created seaport village to immerse yourself in the life of a 19th-century coastal New Englander. Interpreters bring to life the bustling maritime trades, including shipsmiths, coopers, printers, and shipcarvers, that supported life at sea and on shore at that time. Also, get a glimpse into domestic life with gardening techniques and cooking demonstrations in the Buckingham-Hall house. Trade shops, businesses, and houses from the 1800s were transported to Mystic Seaport Museum from locations around New England to re-create this historic village.



Diabetes Wellness Group September 17, 12:00pm

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

This month's topic is **Medication Management** presented by Dr. Ziganshina.

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

Experience the Passion of Tango!



Join us on **Wednesday, September 17th from 10:30 to 11:30 AM** during our regularly scheduled Tango class for a special **Tango Demonstration** at the **Southbury Senior Center**. This event is open to all members who wish to explore the elegance, connection, and rhythm of this beautiful dance.

Led by our **incredible instructors, Dardo Galleto and Alonso Guzmán**, this demonstration will showcase the artistry and technique that make Tango such a profoundly enriching experience.

No experience or partner is required—you're welcome to participate or simply come to enjoy the demonstration. Afterward, light refreshments will be served, offering a perfect opportunity to mingle and share in the excitement.

Step into the world of Tango—where movement speaks, and every step tells a story.

Limited to 30

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

We look forward to seeing you.

New Date!

Balance and Home Safety September 17, 4:30 – 5:30

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

9/17 Part 2: Dizziness and Vestibular Lecture

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



End of Summer Picnic September 18, 11:30am – 2pm \$15 Due at sign up! Limited to 50 members

Sign up today!



It's Time! The End of Summer bash we all love is here! Join us for burgers and hot dogs and all the delicious sides with dancing to the tunes with DJ Gary Shipp!

Blame it on the Sunshine! Help us say farewell to summer and let's have a Ballantine Park Pavilion Picnic this year! We always have a GREAT TIME!

Thank you to The Lutheran Home of Southbury for co-sponsoring this wonderful event with us!
Thank you to Candlewood Valley for bringing the Macaroni Salad!

Tech Help is Back!

2 Pomperaug High School Students will be offering free tech help this summer! Afternoon appointments available. Bring your smartphone, tablet and/or laptop!

Call the office to schedule your appointment!



Southbury Shells Sept. 24, 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.



**NEW! Join us on Wednesday Evenings 4:30 – 5:30 for a WEEKLY
GREAT COURSES FUN EXPLORATION ADVENTURE SERIES!**

REDISCOVERING the Age of DINOSAURS

Dinosaurs fascinate people of all ages throughout the world and are icons of our natural and ecological history. These **24** lectures take you deeply into the dinosaurs' world, through topics such as: **A Spectacular Diversity of Species** – comprising 900 dinosaur species; **Wonders of Dinosaur Discovery** - Delve deeply into the remarkable fossils that reveal the dinosaurs' world; **Remarkable Behavior and Lifestyles** - Discover how these amazing creatures ate and digested food: and so much more!

Through **Professor Curry Rogers'** thrilling commentary, enriched by the stunning imagery of the creatures of the Mesozoic, **Rediscovering the Age of Dinosaurs** offers you a breathtaking view of the panorama of life on our planet.



Kristi Curry Rogers is a dinosaur paleontologist and a Professor of Biology and Geology at Macalester College. She earned her PhD in Anatomical Sciences from Stony Brook University.

September 10th #17 Were Dinosaurs Warm Blooded & #18 The Eaters and the Eaten in the Dinosaur Age
September 17th #19 The Tough Lives of Allosaurus and T.rex and # 20 Reimagining Everything About Dinosaurs

We will be showcasing two episodes each night until the series ends. There are 24 episodes in total! We hope you will join us. Popcorn or other light refreshments may occasionally be served.



Sign up today!



Melodies & Memories: An Autumn Evening"

September 24, 4:00 – 5:30 pm

\$20 payable at sign up

(Signup begins at 10am in person ONLY on the 1st business day of the month)

Limited to 30 members



Join us for a cozy and heartwarming evening as we welcome the beauty of fall with **Melodies and Memories: An Autumn Evening**. Set beneath our charming outdoor tent, this intimate gathering will feature the soulful sounds of **Shawn Taylor** on guitar and harmonica, creating the perfect soundtrack for a crisp autumn night.

Savor a seasonal menu crafted to delight your senses, including:

- Butternut Squash Soup
- Stuffed Mushrooms
- Autumn Harvest Salad
- Roast Chicken with Cranberry-Orange Relish
- Garlic Mashed Potatoes & Green Bean Almandine
- Apple Crisp with Vanilla Ice Cream
- Hot Apple Cider, Coffee & Tea

Whether you're coming for the music, the food, or the company, this event promises to be a memorable celebration of the season.

Space is limited, so be sure to make your reservation with payment of \$20pp on the 1st business day of the month beginning at 10am in person only.



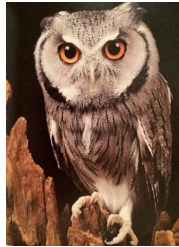
******Please Note: There will be no programs after 1pm******

Owls of Connecticut September 25, 1-2:30pm

Fun facts about owls of Connecticut and elsewhere.

Presented by Tom Kosturko, Compassion Home Care LLC

- * Number of different owl species in Connecticut
- * Lifespan, size and weight of owls in Connecticut
- * Nesting and breeding habits of owls in Connecticut
- * Eating habits of owls in Connecticut
- * Amazing slideshow, presentation of owls of Connecticut and elsewhere



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

Paint and Sip with Monika from CT Nursing Services September 29, 10:00am



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.

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.

Creative Flair with Bethel Health Care Sept. 29, 11:00am-12:00pm

Join Danielle to make these creative shell Patriotic Door Hangars!



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

Watercolor Demonstration Class September 29 1:00 – 3:00 pm

Join us for a special watercolor demo class led by our favorite artist, Tom, as he guides up to 10 participants through the process of painting a charming bumble bee using his signature techniques. This hands-on session is perfect for beginners and seasoned painters alike, offering a chance to learn, create, and connect. Tom will share tips and tricks



to bring your bee to life with color and texture all in preparation for an exciting watercolor project he'll be teaching this October.

Spaces are limited to 10 members, so don't miss your chance to be part of this buzzing creative experience!

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

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!



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





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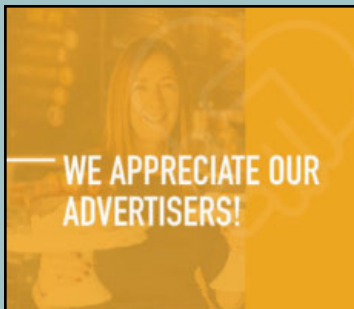
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WEEKLY SCHEDULED CLASSES

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 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) Pilates Line Dancing— Note the New Start Time 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 10:00-11:30 10:30-11:30 10:30-12:00 11:00-12:00 1:00-2:00 1:00-2:30 1:00-2:00 3:15-4:15 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) 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 Loop Troop Let's Take a Walk! Interested parties should meet at the Center to walk. Blood Pressure Screenings - (2nd Thursday of the month) Mahjong Table Tennis Muscle Tone

Closings, class changes ONLY are listed below

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

Class cancellations:

No Yoga 9/11/25—Canceled by Instructor

No Chair Yoga 9/16/25—Canceled by Instructor

No Programs 9/18/25—End of Summer Picnic

No Programs after 1pm 9/24/25— Melodies & Memories—An Autumn Evening

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!

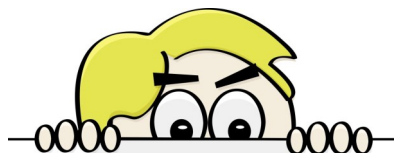
Program Registration Procedures: Telephone call requests will begin at 8:10am for program registration on the 1st business day of each month. Due to the high volume of incoming calls received from our members registering for programs, we are asking everyone to refrain from leaving messages. If you do 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, Wednesdays and Thursdays June 1st through August 31st.

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.**



Coming in the Next Few Months...

October 7th, 9:00am-11:am:
Flu Clinic at the Senior Center.

October 9th, 12:00pm-2:00pm:
Octoberfest: \$20pp

October 30th, 11:30-2:00pm:
Halloween Party: \$20pp

November 20th, 11:30am-1:30pm:
Annual Thanksgiving Dinner: \$12pp

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

Connecticut Seniors

Top 4 Ways to Outsmart Scammers

Pause • Verify • Protect • Report

1. **Hang Up, Slow Down**
If a call, text, or email feels urgent or scary, stop. Delete it or hang up, then check with a trusted friend before acting.
2. **Guard the Numbers**
Never give your Social Security, Medicare, or bank info to anyone who contacts you first—no matter what they claim.
3. **Spot the Telltale Signs**
Misspellings, "act now" language, generic greetings, odd links—these are classic phishing clues. When in doubt, delete.
4. **Act Fast if Something's Wrong**
 - ♦ Call your bank to freeze accounts.
 - ♦ Place a free credit freeze:
Equifax: 888-766-0008
Experian: 888-397-3742
TransUnion: 888-909-8872
 - ♦ Need help? CT Elder Justice Hotline 860-808-5555 or visit IdentityTheft.gov.

Keep this handy, share it with friends, and remember: *Pause, verify, protect, report.* For emergencies, dial 911.



\$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)	<i>Please remember to thank our Awesome Volunteers who serve lunch weekly</i>
Tuesday, September 2nd	No Lunch – Day After Holiday	
Thursday September 4th	Chicken Stir Fry with Rice & Veggies	
Tuesday September 9th	Pasta with Meat Sauce & Garlic Bread	
Thursday September 11th	Sliced Turkey, Mashed Potatoes & Veggies	
Tuesday September 16th	Chicken Piccata with Rice	
Thursday, September 18th	No Lunch—End of Summer Picnic	
Tuesday, September 23rd	Chicken Salad Sandwich with Chips	
Thursday, September 25th	Meatball Grinder with Chips	
Tuesday, September 30th	Stuffed Peppers with Italian Bread	

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

We would like to thank Southbury Sweets, LLC for providing cupcakes to our members to celebrate August birthdays.



105 Luna Trail Ext Southbury CT



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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Shopping at Olde Mistick Village **\$5pp**
Lunch on your own at Abbott's Lobster in the Rough Legendary
Seaside Restaurant on the Mystic River
September 16, 8:15 – 4:30

Sheltered within nature, Olde Mistick Village is much more than a village. Custom gifts, restaurants and Mystic-made souvenirs are assembled to offer you a shopping experience unlike anything else. Then it's lunch on your own at Abbott's Lobster in the Rough, acclaimed the best of



its kind by food writers and reporters worldwide. Clams and oysters on the half shell, mussels, shrimp, crab, corn on the cob and our great New England seafood feast, as well as our various seafood rolls, are all mouthwatering and prepared fresh. Abbott's offers a full line of soft drinks. They accept cash and all major credit/debit cards.



Call to register on the first business day of the month at 8:10 am.



September 12th 8:45 am – 2:30 pm \$24 pp
45-minute Thimble Island Cruise Tour
Lunch on your own at Guilford Lobster Pound

The Sea Mist is a 44 ft. Carmen Boat of Chesapeake Design. This vessel was designed for sightseeing and private cruise with large roll up windows and comfortable seating. The Sea Mist can carry 49 passengers for sightseeing. There are two decks- the lower which can be completely enclosed and heated when necessary. The upper deck is for observation under the sun or stars. The upper and lower decks are equipped with speakers for listening to the live narrated tour.

After the tour it's lunch on your own at the Guilford Lobster Pound! CT Style Lobster Rolls- Hot, buttery, and overflowing with fresh lobster meat. No mayo. No fillers. **The Lobster Pound is cash only! Please come prepared!**

Call to register on the first business day of the month at 8:10 am.



September 15, 2:00 pm Explore the World with
Collette Tours!



Join us for an exciting and informative meeting about upcoming travel opportunities offered through the Southbury Senior Center in partnership with Collette Tours! **Lynn Strawson**, who will be coordinating bookings, and **Tracy O'Neil from Collette Tours** will be on hand to share trip highlights, provide all the details, and answer any questions you may have. We're thrilled to offer two incredible trips:



America's Music Cities – Experience the vibrant sounds and sights of New Orleans, Memphis, and Nashville.

Irish Splendor- Discover the charm of Dublin to County Kerry with breathtaking landscapes and rich cultural heritage.



A third trip is in the works, so stay tuned for more travel adventures!

Whether you're a seasoned traveler or dreaming of your first group tour, this meeting is the perfect chance to learn more and get inspired. We hope to see you there! Call today to reserve your spot.

2025 HOLIDAY SCHEDULE

HOLIDAY	DAY	OBSERVED
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

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!



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 be responsible for the payment within 2 days of reserving your spot.*

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.

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.

- September 8 - Post Mall (Boscov's) with lunch at The Cracker Barrel in Milford**
- September 15 - Walmart in Naugatuck with lunch at Imperial China Buffet in Watertown**
- September 22 - Aldi's in Danbury with lunch at Blue Colony Diner in Newtown**
- September 29 - Westfarms Mall , Trader Joe's with lunch at The Olive Garden in West Hartford**



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



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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

Place mailing label
here



September 2025



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

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

TRY
PICKLE BALL



Calling all Pickle Ball players! There are 4 Pickle Ball courts reserved exclusively for Southbury Senior Center Members: 10am–12pm every Tuesday & 11am–1pm every Friday through October! If you would like more information, please contact the office 203-262-0651.

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